



AN EASY AND FUN WAY TO BUILD ACTIVITY INTO YOUR DAY

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Active Living Research Conference 2012

OVERVIEW

- Instant Recess® 101
- How to create an Instant Recess® break
- Get moving!



LEARNING OBJECTIVES

- By the end of the workshop, attendees will be able to identify at least:
 - 3 benefits of short physical activity breaks
 - 4 basic components of an Instant Recess® break
 - 2 strategies for implementing Instant Recess® breaks into settings that you frequent



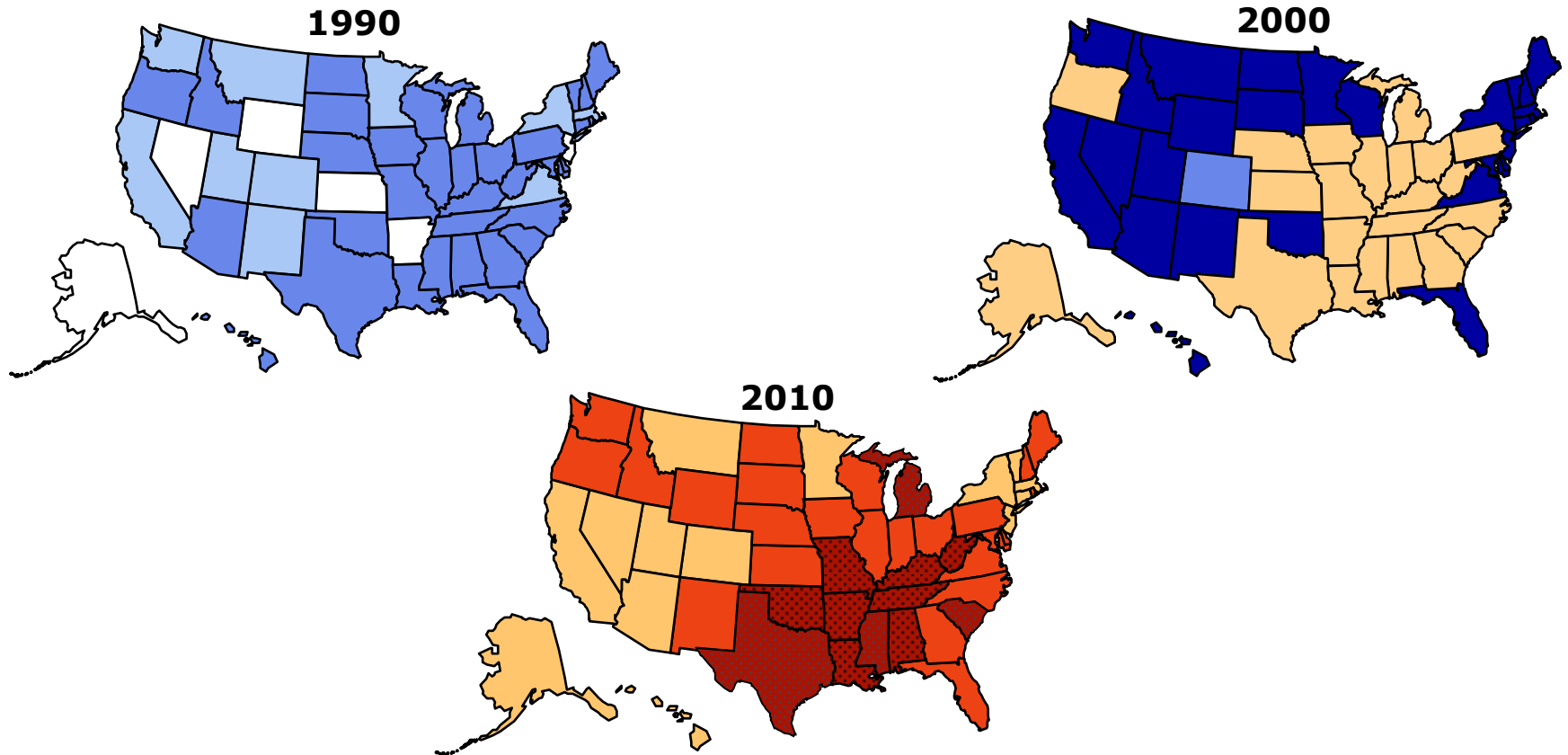


INSTANT RECESS 101

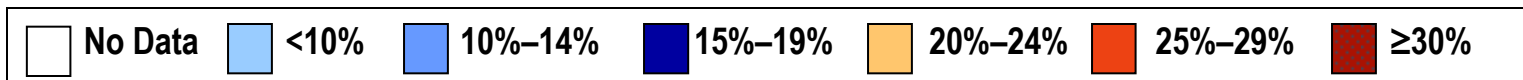
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Source:
Behavioral Risk Factor
Surveillance System, CDC



AVERAGE # CALORIES BURNED DAILY

**1 million
yrs ago**

Hunter-gatherers

5000 cal

**10,000 yrs
ago**

Agriculture

6000 cal

1915

Laborers

3000 cal

2000

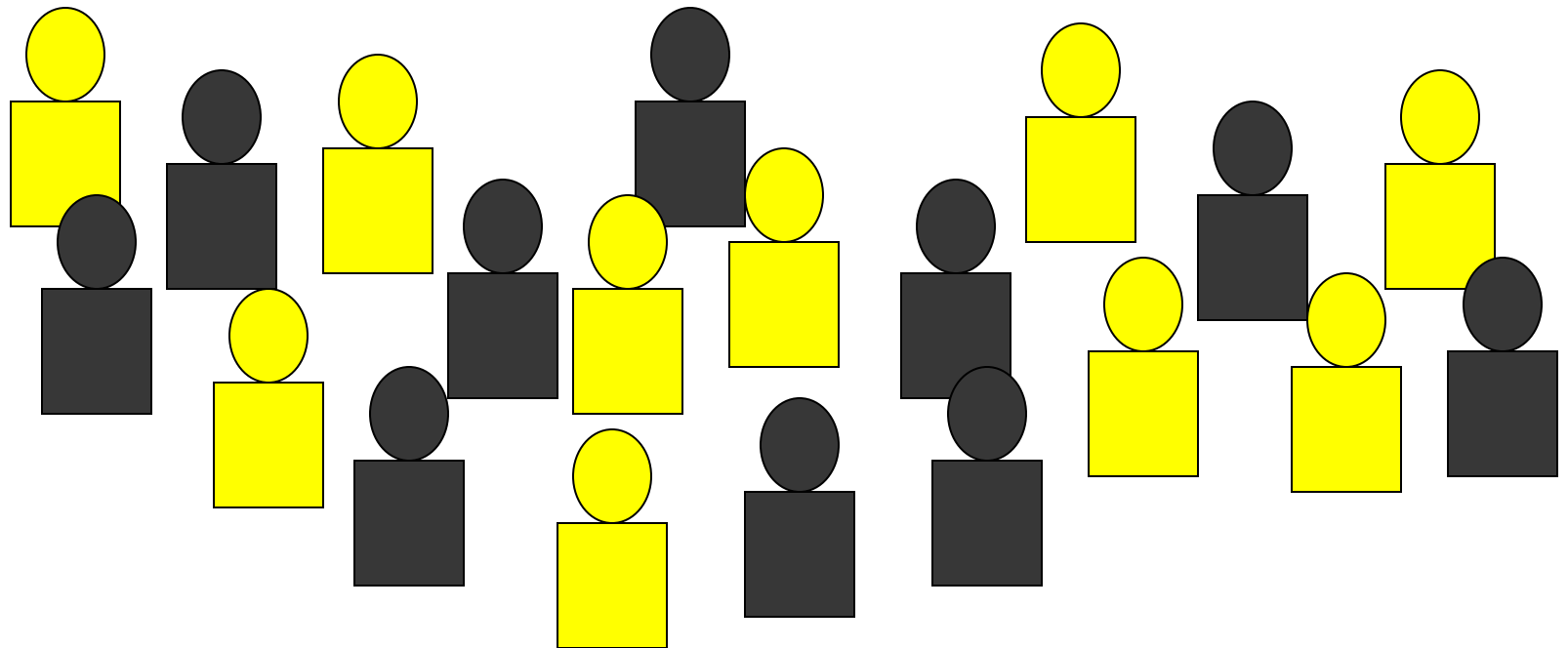
Office Workers

1800 cal



WHO IS PHYSICALLY ACTIVE?

- Staying active gets harder as we get older! We have to work long hours, our work clothes make it harder to move around, and we have to sit through long meetings.
- Only 50% of children, 10% of teens, and <5% of adults meet the daily recommended requirements of physical activity*



HOW ACTIVE SHOULD I BE?

According to the national guidelines:

- Children need at least
 - 60 minutes of moderate to vigorous physical activity every day

- Adults need at least
 - 75 minutes of vigorous physical activity per week
 - OR
 - 2 hours, 30 minutes (150 mins) of moderate physical activity per week
 - AND
 - 2 days of muscle strengthening per week



A decorative vertical bar on the left side of the slide, consisting of several thin, parallel vertical lines in shades of gray. To the right of these lines are several dark blue circles of varying sizes, arranged in a vertical, slightly irregular pattern.

ENVIRONMENTAL FACTORS IN OBESITY ISSUES

Food Environment

Physical Environment

Social Environment

ENVIRONMENTAL CHANGES FOOD ENVIRONMENT



○ Changing Food Sources

- Home-cooked meals has been replaced by fast food and pre-packaged foods
- Fast food chains are often more convenient and cheaper than grocery stores, and sometimes the only option in low-income neighborhoods
- Prepackaged snacks are everywhere, even at gas stations and drugstores



○ Changing Portion Sizes

- Portion sizes have increased, both at home (e.g., larger dinner plates and bowls) and outside of the home (e.g., supersized options for a few cents more)



ENVIRONMENTAL CHANGES

PHYSICAL ENVIRONMENT



○ Outdoor Space

- Many neighborhoods lack safe places to play or exercise, so residents tend to stay indoors
- Not all parks and playgrounds are well-maintained or available for public use
- Sidewalks are not always well-maintained or even available for walkers



○ Transportation

- Driving is viewed as more convenient than walking
- Bus stops are not always conveniently available
- Bicycle lanes are not always well-marked or safe to share with either moving or parked cars

ENVIRONMENTAL CHANGES

SOCIAL ENVIRONMENT



○ Electronics

- Gadgets designed as “time savers” reduce potential sources of activity in our lives, from dishwashers to elevators and escalators
- Many tasks are now done by computer, so you don’t need to leave home to send letters, do research, shop, watch movies, play games, and order takeout

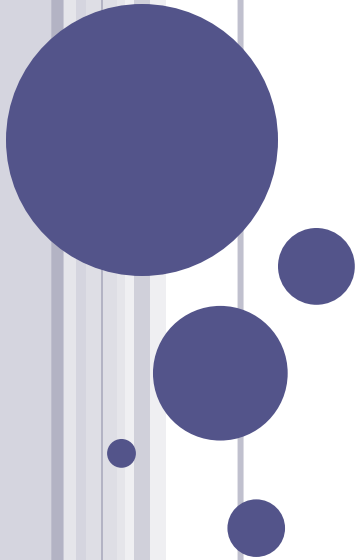
○ Marketing

- Ads for fast foods, video games, cars, are everywhere from billboards to magazine ads to TV and internet commercials
- Ad campaigns often target minority groups or low-income neighborhoods
- Fast food meals are often paired with toys to market to children





WHAT IS INSTANT RECESS®?



WHAT IS INSTANT RECESS®?

- Instant Recess® is a 10-minute low-impact physical activity break that consists of:
 - 7 – 8 aerobic-based callisthenic, dance, or sports related movements
 - Upbeat, rhythmic music set at a moderate pace.
- Tailored to represent cultural values and assets, popular sports, and setting-specific elements
 - e.g. California Endowment “Here and Now” IR
- A “low-maintenance” physical activity strategy:
 - Low-cost (both money and time)
 - No change of clothes necessary
 - Can be modified to meet specific needs of an individual or organization.
 - Can be used anytime, anywhere, by anybody



BASIC STRUCTURE OF AN INSTANT RECESS® BREAK

- IR Breaks are designed to maximize energy expenditure
 - Moves engage large muscle groups in the upper and lower body.
- IR Breaks are choreographed to be “do-able” for all ages, body types, and levels of coordination
 - Each move is easy to learn, so that everyone can participate.
 - Modifications available to tailor each move to your level, and personal flair is highly encouraged!
- IR breaks are designed to minimize risk of injury
 - Your neck, back, and knees are protected to avoid injury



YANCEY META-VOLUTION MODEL

Detailed Model

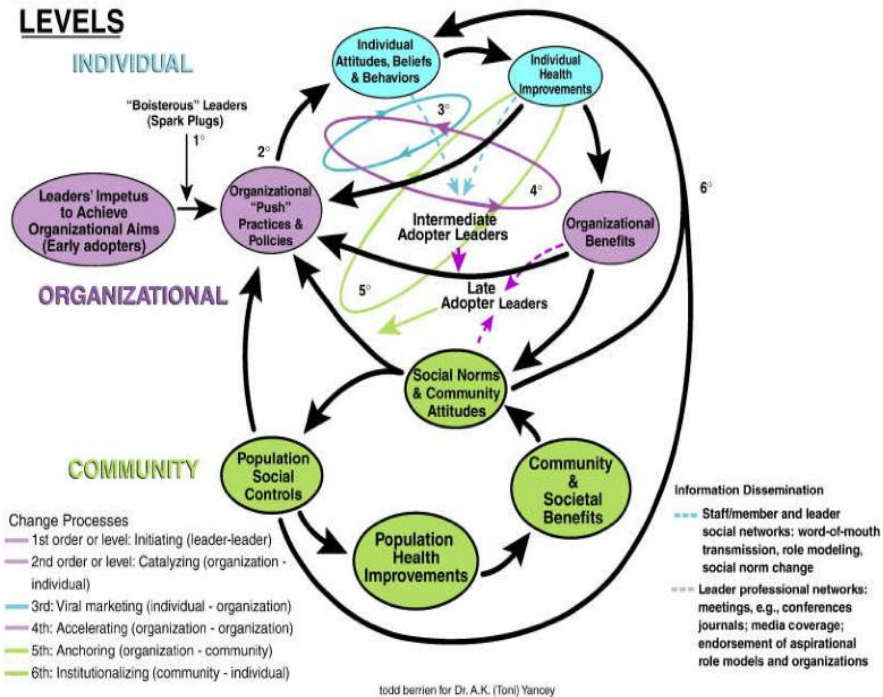
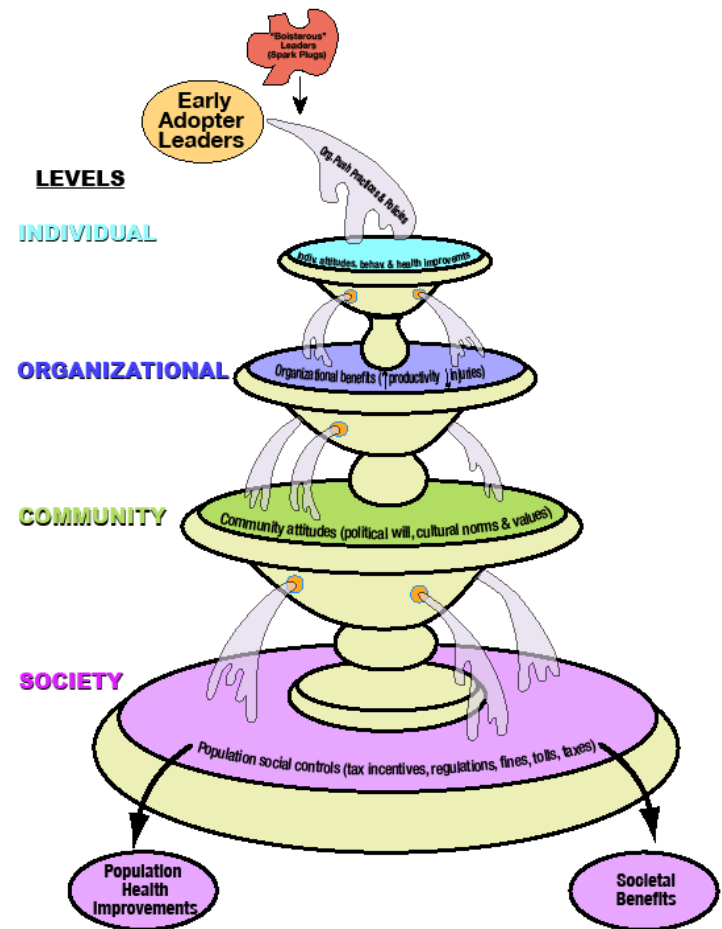


Fig. 1. Meta-volution model. A dynamic bio-psycho-social ecological theory of population health behavior change.

Basic Model



HOW DOES INSTANT RECESS® WORK?

○ **Creates opportunity on “paid time”**

- Gives employees a brief mental and physical break from the work day
- Provides a boost of energy during the “mid-afternoon slump”

○ **Also encourages changes to improve the food environment at work**

- With increased energy from taking daily recess breaks, healthier snacks will taste better.

○ **Employs multiple levels of influence:**

- “Deliberate Practice”
- Social Support and Group Dynamics
- Motivational “teachable” moment



WHY DOES INSTANT RECESS® WORK?

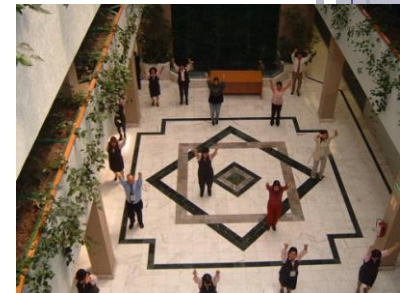
○ Minimal Cost

- For companies, minimal cost of time and money
- For employees, ability to use paid time to “recharge”
- The return on investment in terms of employee productivity is often greater than the time invested



○ Made for Groups

- Group setting provides social support to engage in healthy behaviors
- Group setting also provides time to improve employee relationships and boost morale



○ Reduces Barriers to Activity

- Initiated as a “default” activity rather than a “voluntary” option.
- Adjustable for all shapes, sizes, abilities, and fitness levels
- Minimizes perspiration, so prevents messing up hairstyles or work clothes



THE INSTANT RECESS® LIBRARY IS GROWING RAPIDLY!



...and more!



DOCUMENTED HEALTH BENEFITS OF INSTANT RECESS

10-minute activity bouts at the workplace can:	References
↓ waist line, blood pressure, weight, and percent body fat	Lara et al. ¹
↓ appetite	Westerterp et al. ⁴
↓ urge to smoke	Daniel et al. ³
↓ stress and irritability	Pronk ⁶ , Daniel ³
↓ harmful effects of prolonged sitting	Pynt, Hamilton ^{10,11}
↑ speed and accuracy of data-entry	Balci, Aghazadeh ²
↑ engagement inactive individuals	Dishman et al. ⁹
↑ mood, self-efficacy; self-esteem; perception of health	Pronk, Thomas ⁵
↑ fruit and vegetable intake, healthy food options	Yancey ⁷ ; Crawford ⁸
↑ overall vigorous physical activity	Dishman, Yancey, ^{9,12}
↑ supportive work environment	Crawford et al. ⁸
↑ energy levels	Yancey et al. ¹²
<i>Instant Recess</i>[®] videos can be done in groups, which is more engaging and productive	





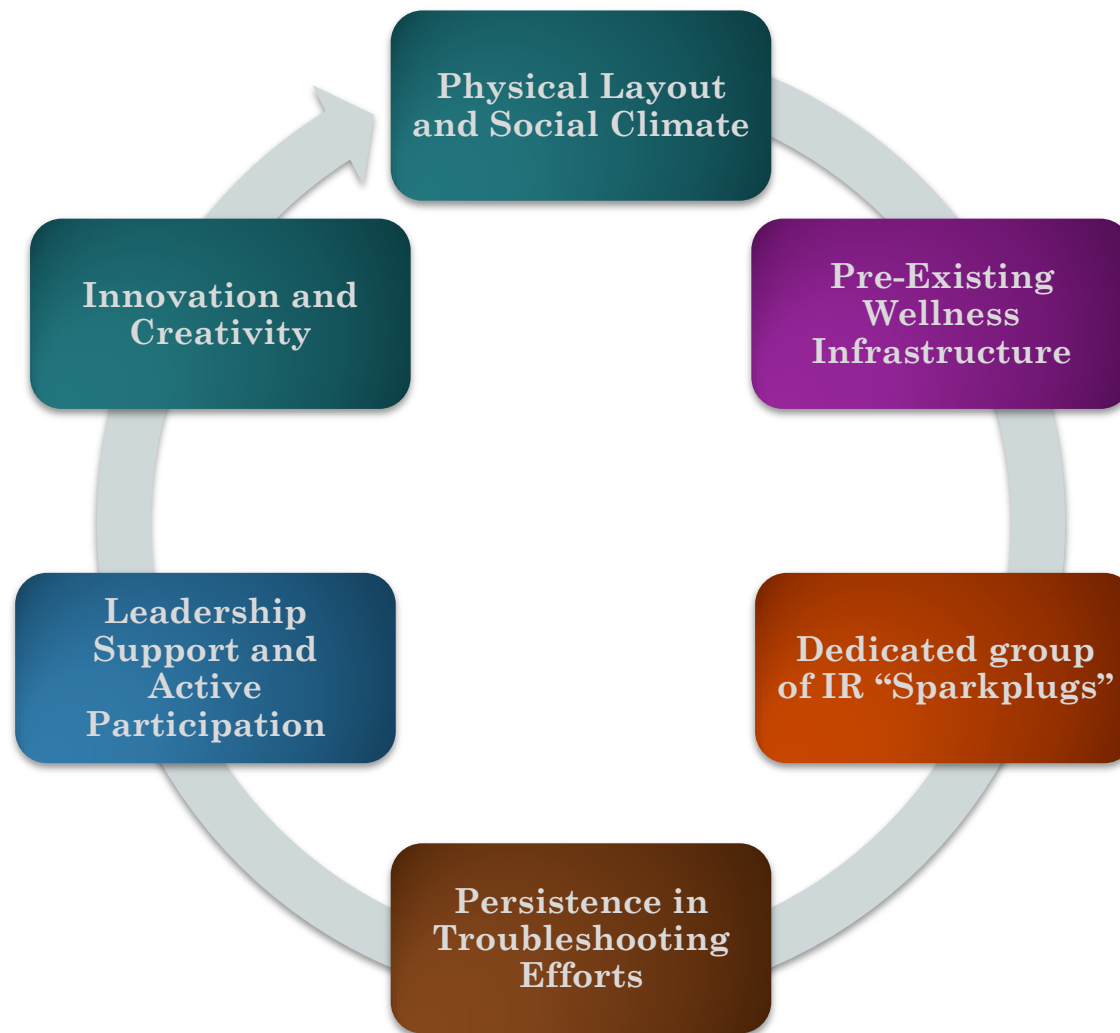
INSTANT RECESS® SUCCESS STORIES

INSTANT RECESS® SUCCESS STORIES

- Hundreds of worksites, schools, churches, clinics, and private non-profit organizations across the United States have implemented *Instant Recess*®.
- Nearly **all** sites encountered some challenges or resistance to changing the culture of their site to make room for Recess!



COMMON FACTORS OF INSTANT RECESS SUCCESS STORIES



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**INSTANT RECESS® IN FORSYTH
COUNTY SCHOOLS**

Forsyth County, NC

Community-Based Dissemination of *Instant Recess Breaks*

- Goal: Evaluate planned policy change for PA in elementary schools and afterschool sites
 - TA through teacher training & provision of IR materials
 - 7 elementary schools & 8 after schools enrolled
 - Randomized (delayed intervention control)
 - PA measured using modified SOFIT to capture
 - Activity level
 - On-task vs. off-task behavior
 - Context of lesson being taught
 - Teacher behavior



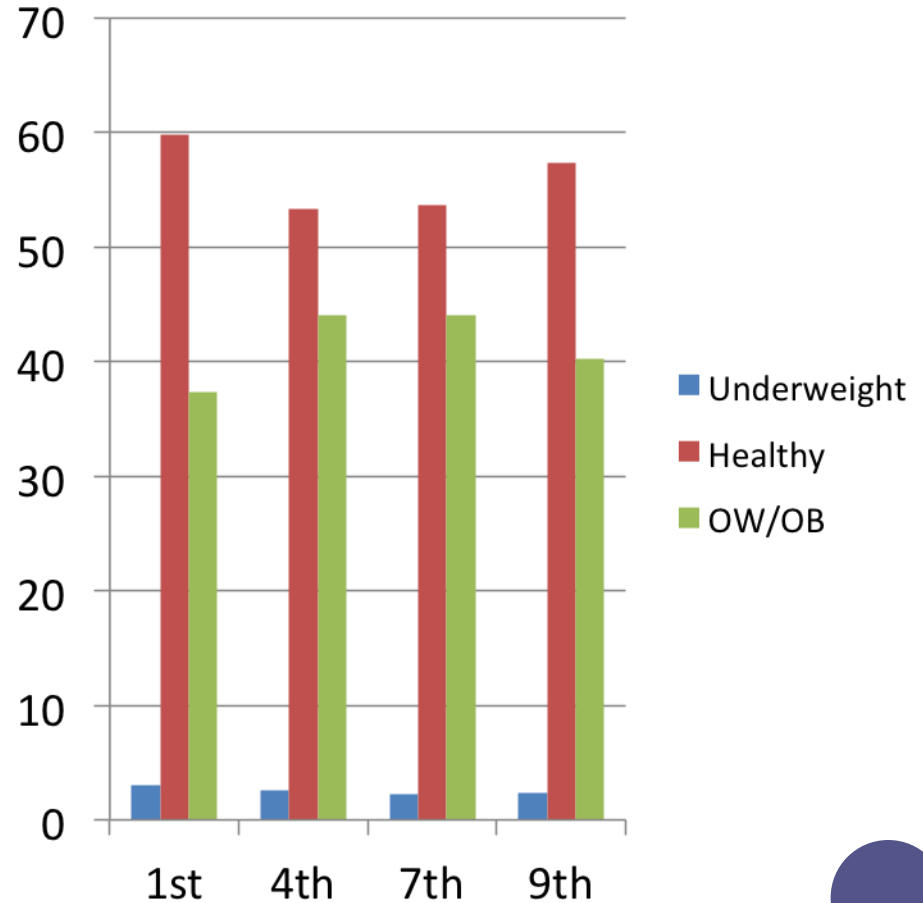
WHY SCHOOLS?

- Schools are prime targets for interventions to increase PA among children since 95% of children are enrolled in school.
- Attendance enforcement ensures high levels of exposure.
- The organizational infrastructure permits institutionalization.



WHY FORSYTH COUNTY, NC

- 16th most obese state among adults
- 5th most obese state among children
- ~40% of children in WSFCS school system OW/OB



DOCUMENTED POLICY

- NC State Board of Education Healthy Active Children Policy (HSP-S-000)
 - Establish and maintain a local School Health Advisory Council
 - Provide \geq of 150 minutes/week of [moderate-to-vigorous] physical activity to all K – 8 students.
 - Move toward having 225 minutes per week of physical activity (every other day throughout 180-day school year)

Full policy available at
http://www.learnnc.org/lp/media/articles/physed0510/Final_HAC_Policy.pdf

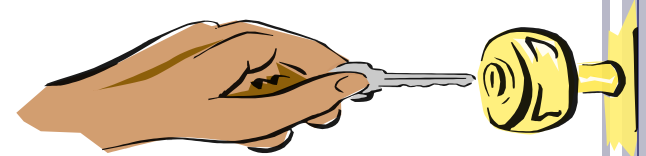


CONCERNED PARENT

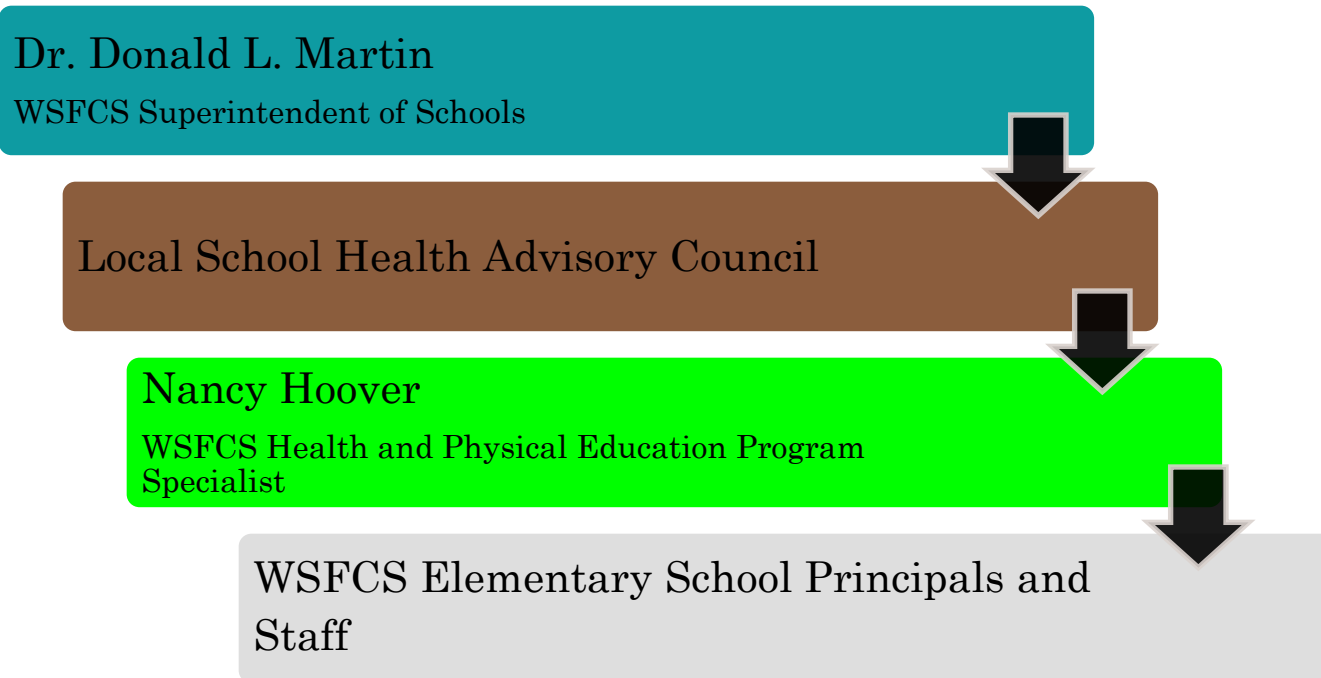


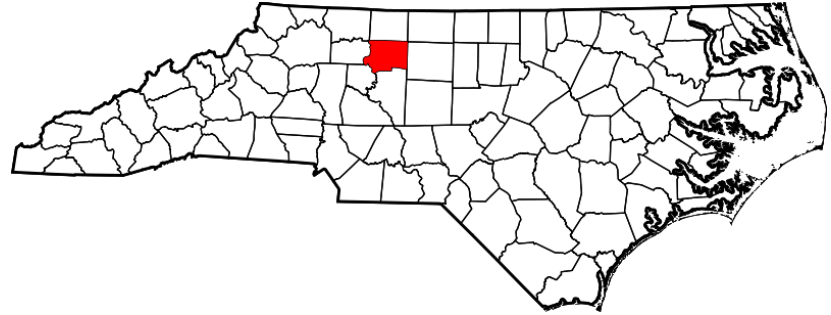


HOW TO GET IN

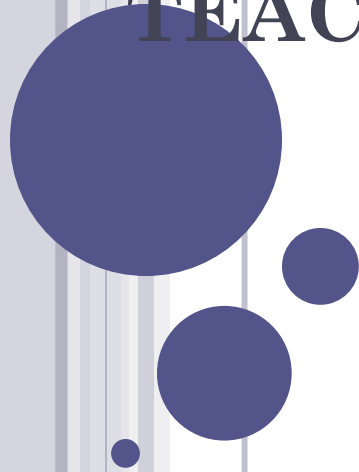


Winston Salem/Forsyth County Schools (WSFCS)

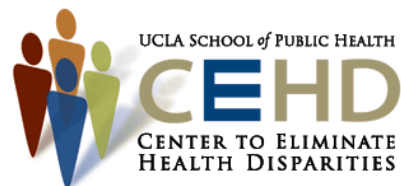




INSTANT RECESS[®] TEACHER TRAINING



Healthy you. Healthy community. Healthy world.



OVERVIEW OF THE TRAINING

- Why am I here?
- Why is this important?
- What do you want me to do?
- How do you want me to do it?
- When do you want me to do it?
- What is supposed to change?





- YOU can help Winston-Salem/Forsyth County lead the way in creating healthier, more active school and afterschool environments and lifestyles!

“You must be the change you wish to see in the world.”

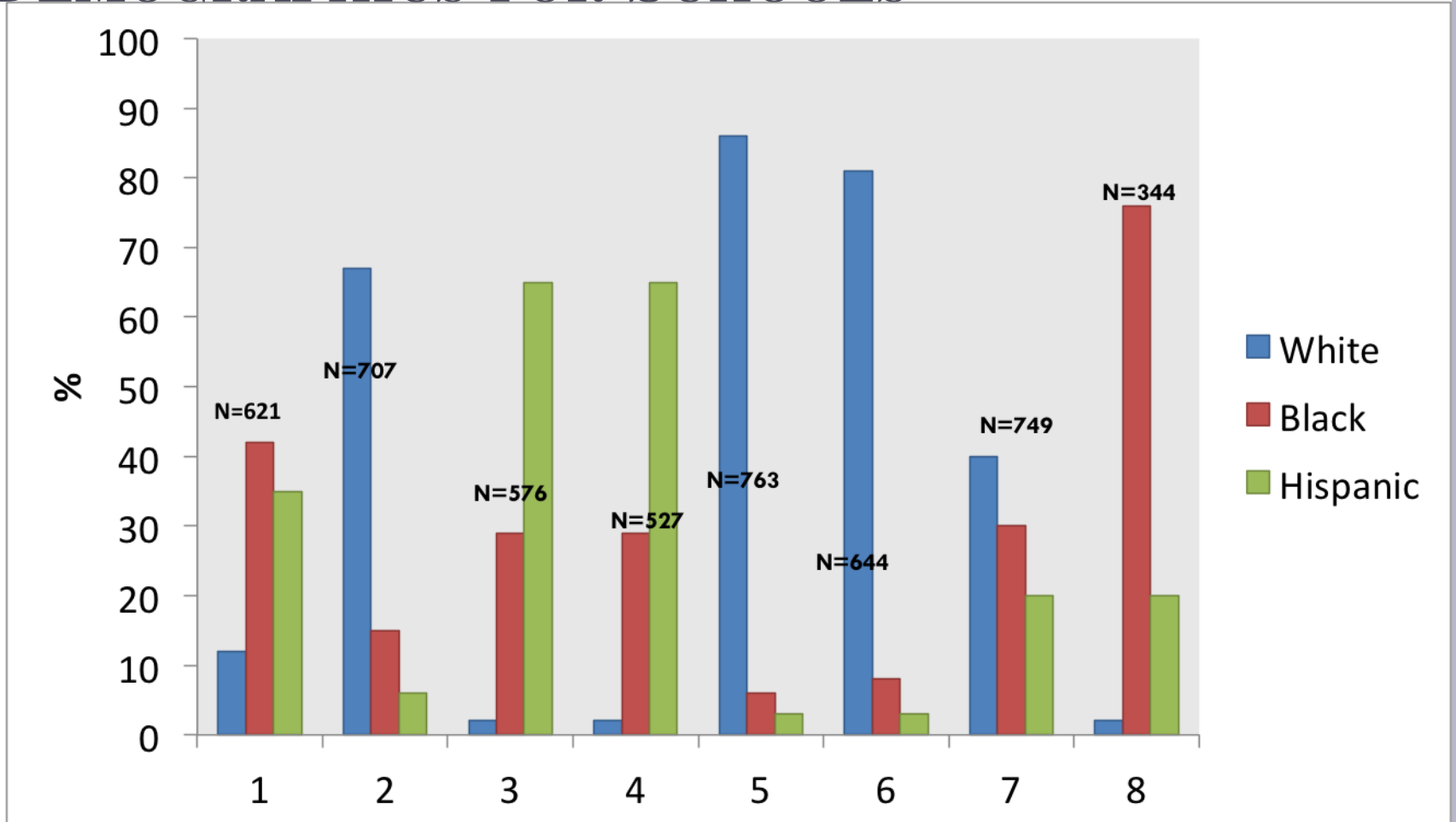
-- Mahatma Gandhi

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it’s the only thing that ever has!”

--Margaret Mead



DEMOGRAPHICS FOR SCHOOLS



INSTANT RECESS ACTIVITY LEVEL OBSERVATIONS (Interval=20 seconds, time < 32 minutes)

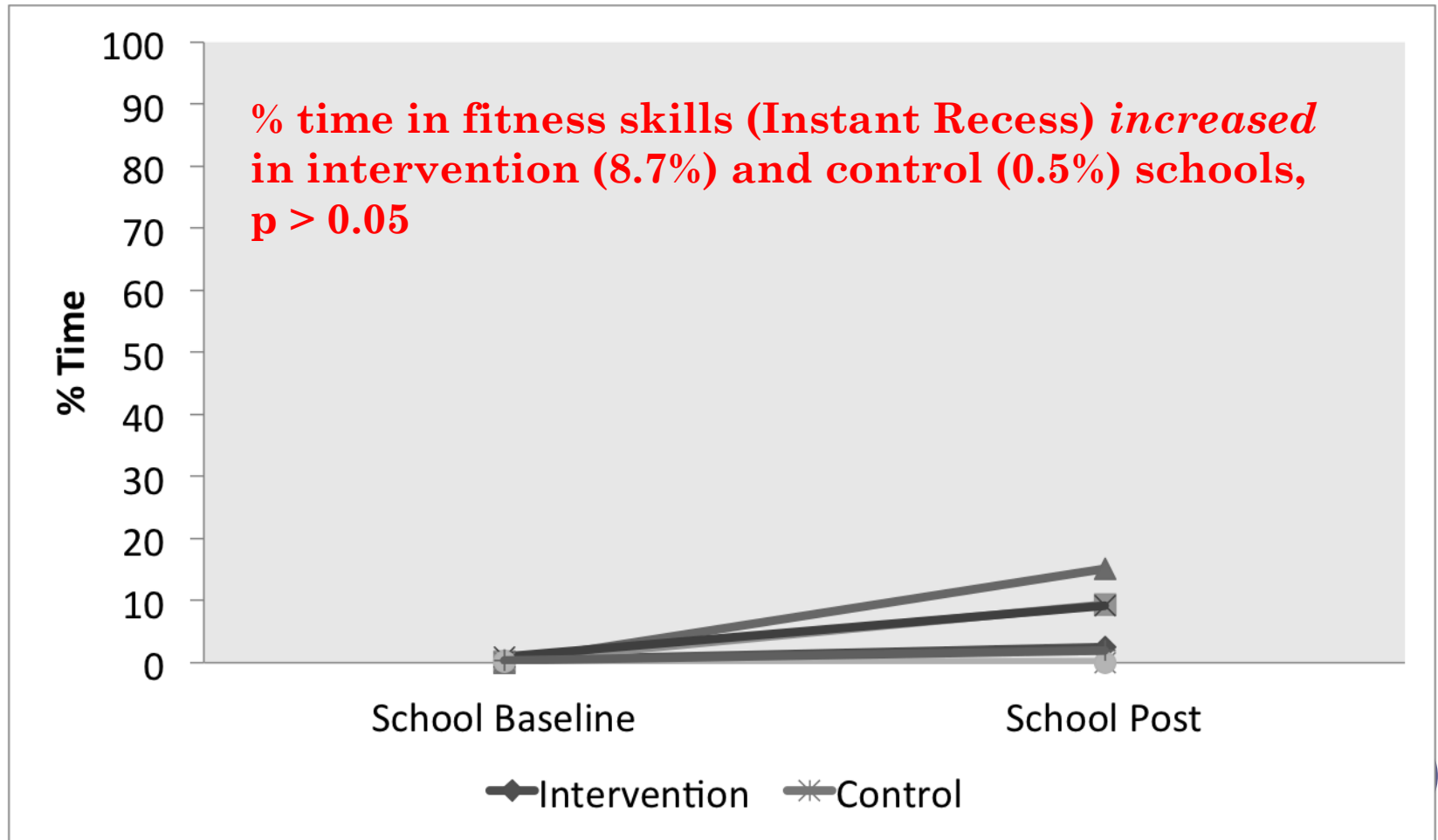
ID _____

Obs. start/end _____

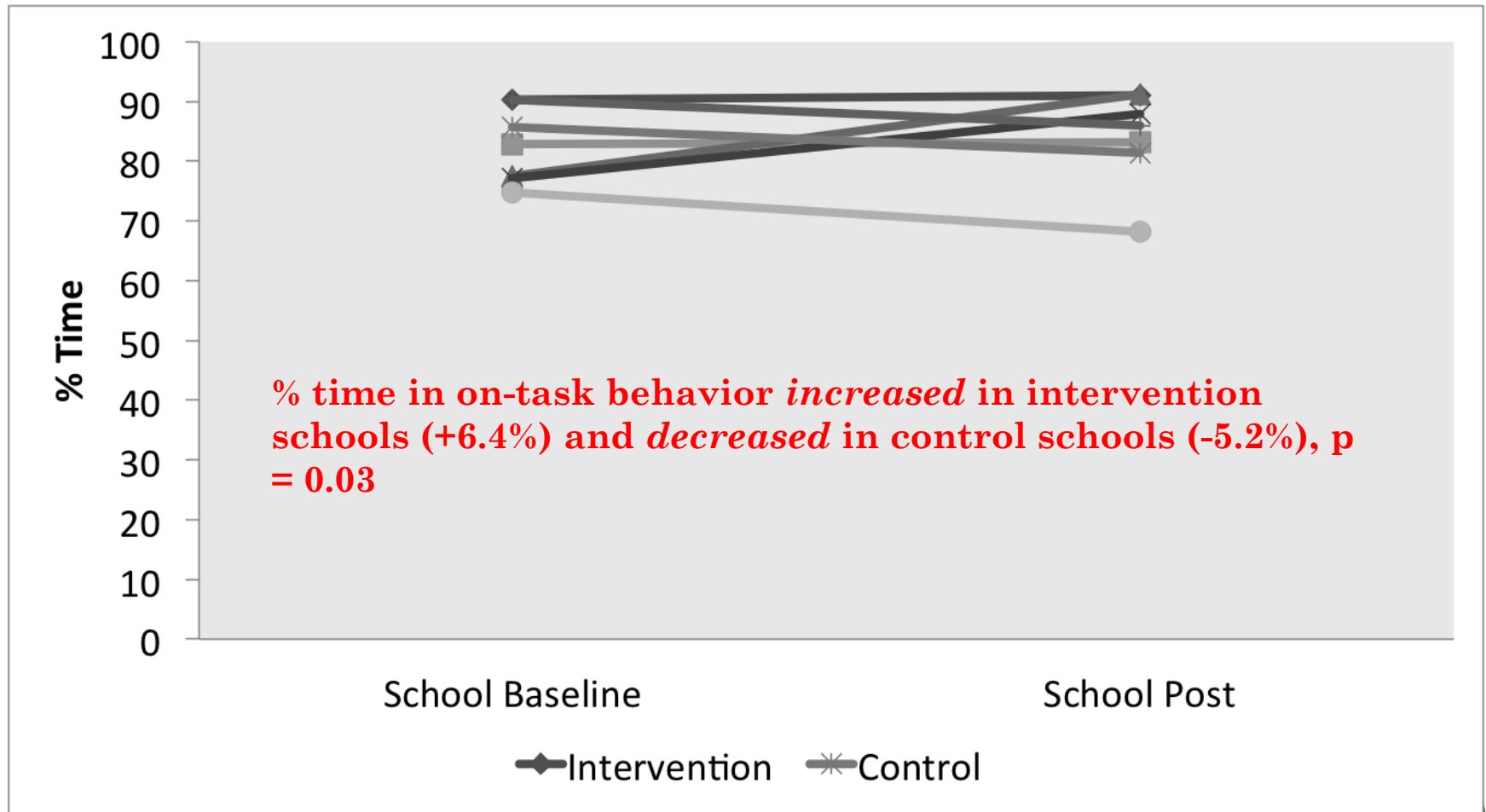
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1 M F Avg Overwt API B I L W	00:20	0 1 2 3 4	On M N P	M K FS P	11:00	0 1 2 3 4	On M N P	M K FS P	21:40	0 1 2 3 4	On M N P	M K FS P
	00:40	0 1 2 3 4	On M N P	M K FS P	11:20	0 1 2 3 4	On M N P	M K FS P	22:00	0 1 2 3 4	On M N P	M K FS P
	01:00	0 1 2 3 4	On M N P	M K FS P	11:40	0 1 2 3 4	On M N P	M K FS P	22:20	0 1 2 3 4	On M N P	M K FS P
	01:20	0 1 2 3 4	On M N P	M K FS P	12:00	0 1 2 3 4	On M N P	M K FS P	22:40	0 1 2 3 4	On M N P	M K FS P
	01:40	0 1 2 3 4	On M N P	M K FS P	12:20	0 1 2 3 4	On M N P	M K FS P	23:00	0 1 2 3 4	On M N P	M K FS P
	02:00	0 1 2 3 4	On M N P	M K FS P	12:40	0 1 2 3 4	On M N P	M K FS P	23:20	0 1 2 3 4	On M N P	M K FS P
	02:20	0 1 2 3 4	On M N P	M K FS P	13:00	0 1 2 3 4	On M N P	M K FS P	23:40	0 1 2 3 4	On M N P	M K FS P
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2 M F Avg Overwt API B I L W	03:00	0 1 2 3 4	On M N P	M K FS P	13:40	0 1 2 3 4	On M N P	M K FS P	24:20	0 1 2 3 4	On M N P	M K FS P
	03:20	0 1 2 3 4	On M N P	M K FS P	14:00	0 1 2 3 4	On M N P	M K FS P	24:40	0 1 2 3 4	On M N P	M K FS P
	03:40	0 1 2 3 4	On M N P	M K FS P	14:20	0 1 2 3 4	On M N P	M K FS P	25:00	0 1 2 3 4	On M N P	M K FS P
	04:00	0 1 2 3 4	On M N P	M K FS P	14:40	0 1 2 3 4	On M N P	M K FS P	25:20	0 1 2 3 4	On M N P	M K FS P
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	04:40	0 1 2 3 4	On M N P	M K FS P	15:20	0 1 2 3 4	On M N P	M K FS P	26:00	0 1 2 3 4	On M N P	M K FS P
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4 M F Avg Overwt API B I L W	08:20	0 1 2 3 4	On M N P	M K FS P	19:00	0 1 2 3 4	On M N P	M K FS P	29:40	0 1 2 3 4	On M N P	M K FS P
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	10:40t	0 1 2 3 4	U M K O aE	-----	21:20t	0 1 2 3 4	U M K O aE	-----	32:00t	0 1 2 3 4	U M K O aE	-----

0 unobservable	On Student is on-task	M Classroom mgmt	U Unengaged
1 sitting, lying down	M Off-task (motor/movement)	Lesson Context K Knowledge, lecture	M Classroom mgmt
2 light PA, s[anding]	N Off-task (noise)	FS Fitness drills, skills	K Knowledge lecture
3 mod. PA, brisk walk	P Off-task (passive other)	P Game play, free play	O Observation
4 vigorous PA, run			aE Actively engaged

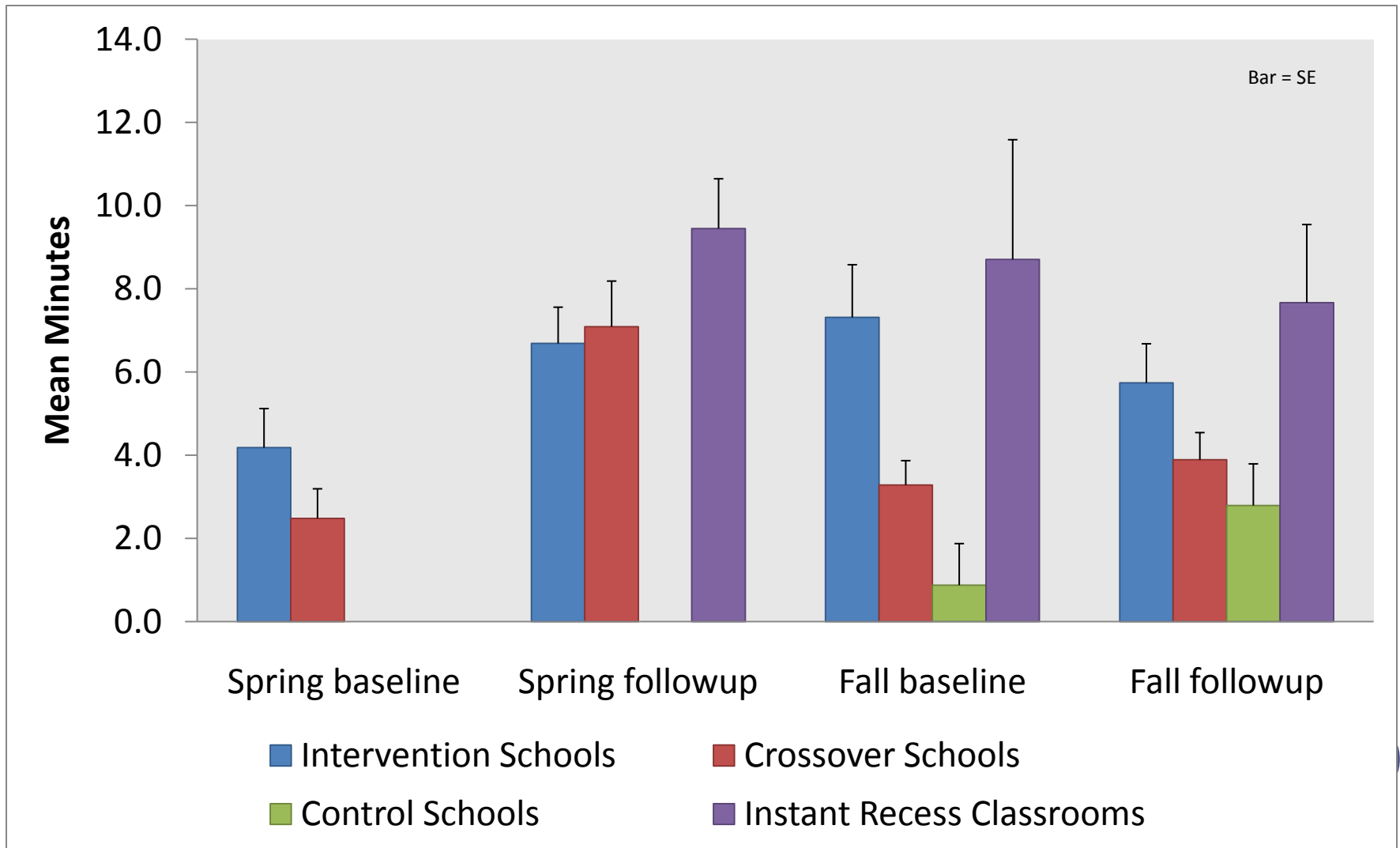
PERCENT OF TIME SPENT IN FITNESS SKILLS



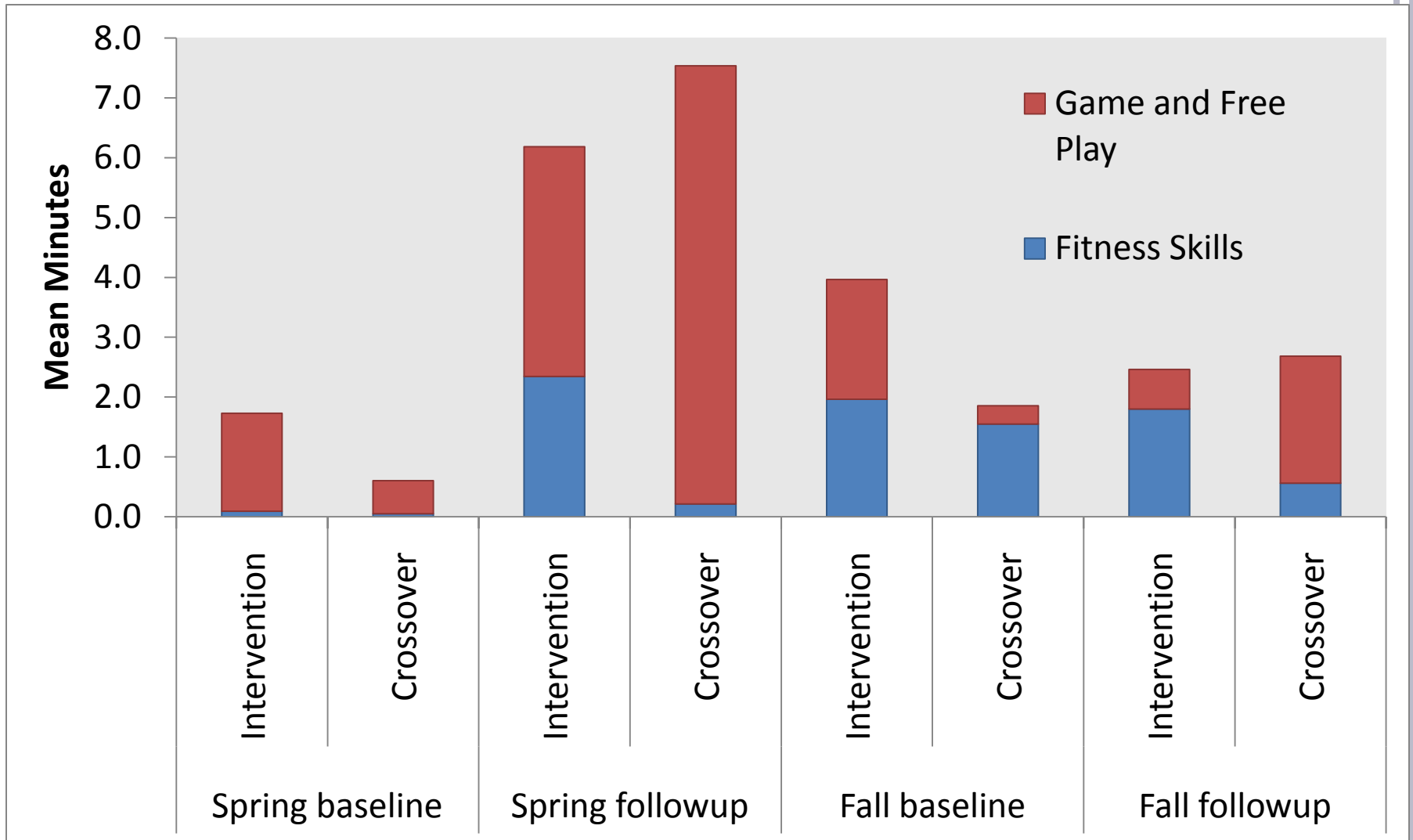
PERCENT TIME IN ON TASK BEHAVIOR



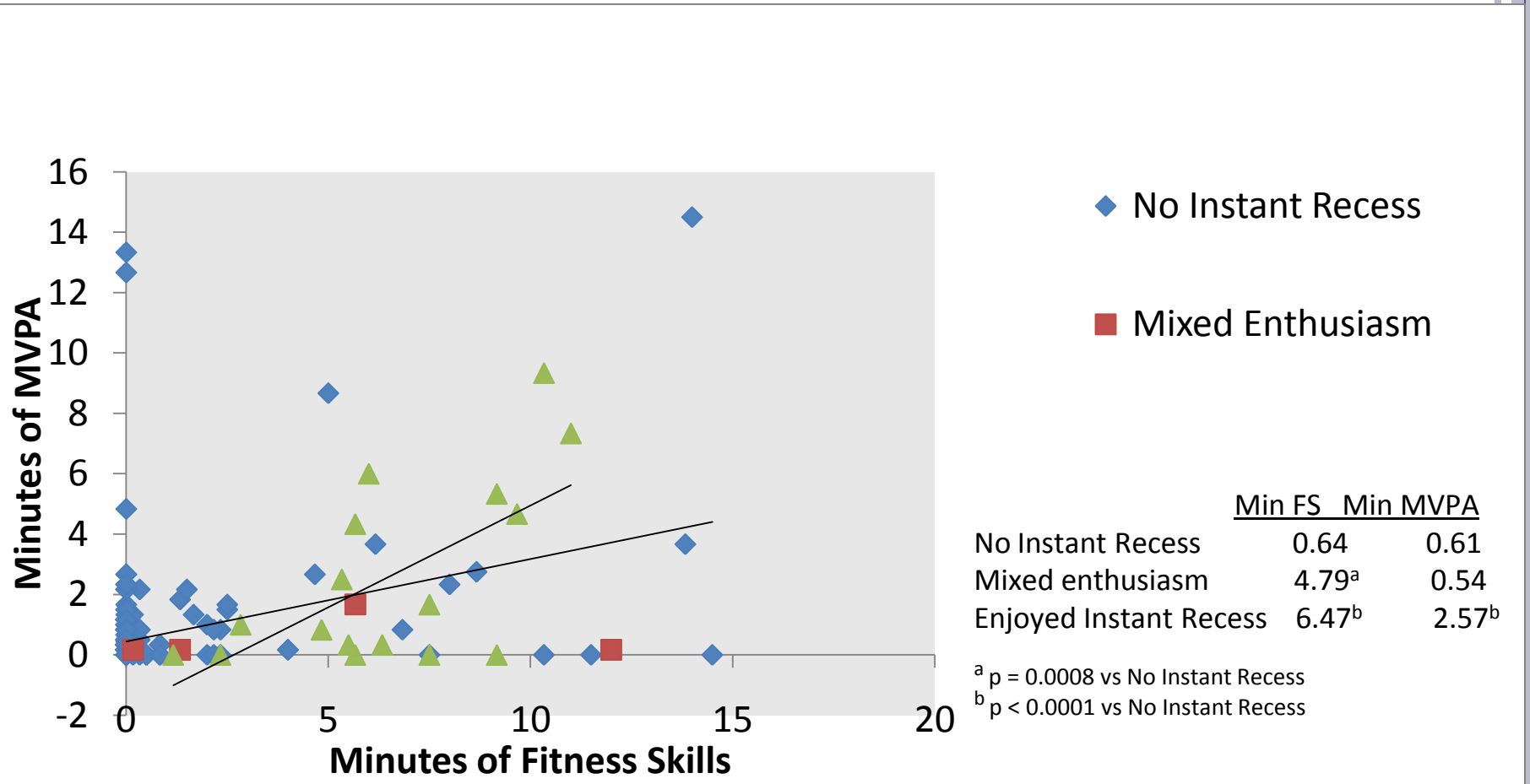
MEAN MINUTES OF PA IN SCHOOL CLASSROOMS BY INTERVENTION TYPE



MEAN MINUTES OF FITNESS SKILLS AND GAME AND FREE PLAY IN SCHOOL CLASSROOMS BY INTERVENTION TYPE



MINUTES OF FITNESS SKILLS AND MVPA IN CLASSROOMS BY LEVEL OF ENTHUSIASM FOR INSTANT RECESS



LESSONS LEARNED

- Having support is critical
 - Dr. Martin, Superintendent of Schools
 - Nancy Hoover, WSFCS Program Specialist for Physical Education/Health
 - School Health Advisory Council
 - School principals and staff
- Instant Recess was used
 - Involve students in creating additional breaks
- Need additional, more frequent evaluation
- Consider ways to expand for middle/high school





RECENTLY TESTED IN MIDDLE SCHOOL KIDS





CREATING AN IR[®] BREAK

LEARN THE ABCS OF INSTANT RECESS®

What are the ABCs?

○ Activity Level

- Low or moderate impact
- Modifications for less/more agile and coordinated individuals.

○ Body Position

- Protect your neck and back
- Protect your joints

○ Comfort Level

- Well-ventilated, open space
- Time to rehydrate and re-energize
- Focus on having FUN!!!!

Why are these ABCs so important?

- Safe movements and a comfortable setting makes activity breaks more enjoyable for everyone



B: BODY POSITION

- Protect your neck and back

- Bend from the hips (not the waist) so your back stays straight
- Neck movements should be gentle and avoid extreme movements in any direction
- Keep shoulders relaxed

- Protect your joints

- When bending down, keep knees behind toes (and tailbone out)
- Avoid locking knees or elbows (keep movements gentle and fluid)
- Keep feet shoulder-width apart during most movements to provide a stable base



FOUR BASIC COMPONENTS OF IR® BREAK

- Warm Up
- Transition Steps
- Activity
- Cool Down



KEEN INSTANT RECESS TOOLKIT



INSTANT RECESS® TOOLKIT

PART I

THE CASE FOR RECESS

1. A Letter from KEEN

A brief introduction to the *Instant Recess*® program for company management

2. Recess Heads Up Powerpoint

Use this presentation to get Management up and moving

3. Recess Cost Benefit Calculator

A way to safely estimate the yearly tab and earnings for work playtime

4. Sample Press Release

Examples of ways other companies have gone public with their *Instant Recess*® programs

PART II

HR TOOLKIT

1. *Instant Recess*® Kickoff

Chock full of program highlights

2. Manager Reality Check

A gut-busting fact sheet no HR manager should miss

3. Recess Readiness Quiz

Your quiz to find out how much your company needs Recess

4. A Step-by-Step Guide to Bringing Recess Back

An implementation guide to getting Recess in play at your workplace

5. Recess Jump Starter

Your quick-start plan for putting Recess into action

6. *Instant Success Factors*

Tips for *Instant Recess*® success in any workplace

7. Recess Score Board

A group log for managers to track Recess participation

8. Recess Playground Monitor

A log to track company morale, health and insurance stats related to Recess performance

9. Want More?

Additional tools for your *Instant Recess*®

PART III

EMPLOYEE TOOLKIT

1. Employee Reality Check

A convincing fact sheet to get employees on their feet

2. Recess Activity Videos

Available for download on our website

KEEN Says *Instant Recess*®

Bidness Bootscoot *Instant Recess*®

CalEndow Here & Now *Instant Recess*®

African Dance *Instant Recess*®

3. Personal Recess Score Card

A place for employees to track their activity breaks

REMINDER MATERIALS

Fun ways to get employees in the Recess spirit

At Recess Sign

Recess Pass

Screensaver (downloadable)

Recess Calendar

Breakroom Posters (11" x 17")

10 Ways To Get Your Recess Moving Poster (11" x 17")

CEO = GREEN HR = ORANGE EMPLOYEES = BLUE

INSTANT RECESS COST BENEFIT CALCULATOR



A screenshot of the KEEN Recess Cost Benefit Calculator website. The page has a teal background with a light blue sky and clouds. At the top left is the KEEN logo. The main heading is 'RECESS COST BENEFIT CALCULATOR'. Below this is a form titled 'ESTIMATE YOUR RECESS SAVINGS' with fields for '# of Employees', 'Avg Hourly Wage', 'Avg Hours/Week', 'Industry Type' (set to 'White Collar'), and 'Recess Will Be' (radio buttons for 'Mandatory' and 'Voluntary'). A section for 'Estimated One Year Savings' includes a text box for company info and a 'Download cost spreadsheet' link. To the right, a text block reads 'A SMALL PRICE FOR EMPLOYEE WELLNESS. MANY HEALTH RETURNS.' followed by a paragraph about the benefits of recess. Below this is a 'GET INVOLVED' section with a 'Corporate ToolKit' link. Social media icons for Facebook, Twitter, and a share icon are at the top right. A yellow circle highlights a mouse cursor over the word 'productivity' in the text. At the bottom, there is a footer with the URL 'calculator.keenfootwear.com', 'ADD TO YOUR WEBSITE', and an 'EMBED' button. A 'Screencast-O-Matic.com' watermark is in the bottom left corner.

<http://calculator.keenfootwear.com>

INSTANT RECESS COST SPREADSHEET



A B C D E F G H J K L M N Q R

The Recess Revolution Corporate Toolkit
 Estimate the Return on Investment of 10-Minute Instant Recess® Breaks in your Organization!

Change the characteristics in yellow cells to reflect your workplace, and watch the GREEN add-up!

Enter the number of employees here

Enter Average Hourly Wage here

Enter Average Number of Hours Worked per Employee (A typical work week is 40 hours)

Industry Type (Manufacturing, White Collar, Service, Government, Other)

Would you make Instant Recess Mandatory or Voluntary?

Total Payroll

RE-ENTER your workplace or organization information here

Based on what you reported above, your company is likely to have:

Number of Overweight Workers (Body Mass Index over 25)

Number of Obese Workers (BMI > 30)

Number of Morbidly Obese Workers

	Population Characteristics			Start-Up Costs		Recurring Costs		Medical Savings	Productivity Savings			Total Savings
	Decrease in the Number of Overweight Workers (%)	Decrease in the Number of Obese Workers (%)	Decrease in the Number of Morbidly Obese Workers (%)	LCD Projector, DVD Player, Speakers, and DVDs	Training Staff to Lead Instant Recess (1 active trainer per 20 employees)	Cost of 15 minutes per day in physical activity (wages)	Cost of DVD updating for trainers	Reduction in Medical Costs (1% change categories)	Presenteeism (reduced on-the-job attentiveness)	Performance Enhancement (cognitive, musculoskel.)	Reduction in sick days by 20% (\$ based on wages)	By implementing Instant Recess, the net benefit to your organization is:
After 3 months	0.00	0.00	0.00	\$150	\$0	\$0	\$15	\$0	\$0	\$0	\$0	\$ (165.00)
After 6 months	0.00	0.00	0.00	\$150	\$0	\$0	\$30	\$0	\$0	\$0	\$0	\$ (180.00)
After 12 months	#N/A	#N/A	#N/A	\$150	\$0	\$0	\$60	#N/A	\$0	\$0	\$0	#N/A
After 24 months	#N/A	#N/A	#N/A	\$150	\$0	\$0	\$120	#N/A	\$0	\$0	\$0	#N/A

Return on Investment per \$1	\$0.00	after 3 months
	\$0.00	after 6 months
	#N/A	after 12 months
	#N/A	after 24 months

Notes:

This calculator shows expected savings for organizations based on productivity increases, decreases in absenteeism, and worker health improvements. If the organization is larger than 50 employees, it is assumed that a TV, Monitor, Internet Connection, DVD, LCD and speakers are available to watch Instant Recess®. If there are 30-50 employees, an LCD projector set-up is included in the costs. If there are fewer than 30 employees,

Further notes on methodology:

Methodology

Development of this calculator was supported by KEEN Footwear (KEEN, Inc.)

LET'S GET MOVING!



Introducing.....

**The ALR “Pushin’ Practices and Policies”
Instant Recess Break!!!**

- Theme of ALR IR Break: Highlighting the policies and practices required to achieve active living.

- Choreography:
 - *Warm-up*
 - “Walk the Block” – in Walkable Neighborhoods
 - “Kick Start” – the Policy Process
 - *Transition Move – Two Step*
 - “Boisterous Leaders” – Make some noise!
 - “No KickBacks!” – No compromises allowed!
 - “Pushin’ Strategies” – A nudge in the right direction!
 - INSERT MOVE HERE
 - INSERT MOVE HERE
 - INSERT MOVE HERE
 - “Celebration” – for full policy adoption and funding!!!
 - *Cool Down*

- Your Task For Today: Help us finish the activity break!



LET'S GET MOVING!



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- Choreography:
 - *Warm-up*
 - “Walk the Block” – in Walkable Neighborhoods
 - “Kick Start” – the Policy Process
 - “Climbing the Ladder” – to reach key decisionmakers
 - “Stand Up!” – for what you believe in!
 - *Transition Move – Two Step*
 - “Boisterous Leaders” – Make some noise!
 - “No KickBacks!” – No compromises allowed!
 - “Fighting for Policy” – Fight for the progressive policies, and block the status quo!
 - “Jump Right In” – Test the waters and generate buzz!
 - “Celebration” – for full policy adoption and funding!!!
 - *Cool Down*

