AN EASY AND FUN WAY TO BUILD ACTIVITY INTO YOUR DAY

Dr. Toni Yancey, Dr. Melicia Whitt-Glover, Jammie Hopkins, Chikarlo Leak
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

- Hunter-gatherers: 5000 cal
- Agriculture: 6000 cal
- Laborers: 3000 cal
- Office Workers: 1800 cal

1 million yrs ago
10,000 yrs ago
1915
2000

1 million yrs ago
10,000 yrs ago
1915
2000
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*

*Troiano et al., 2008
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
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  - Home-cooked meals has been replaced by fast food and pre-packaged foods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-VOLITION MODEL

Detailed Model

Basic Model

Fig. 1. Meta-volition model. A dynamic bio-psychosocial ecological theory of population health behavior change.
**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:

<table>
<thead>
<tr>
<th>Benefits</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>↓ waist line, blood pressure, weight, and percent body fat</td>
<td>Lara et al.(^1)</td>
</tr>
<tr>
<td>↓ appetite</td>
<td>Westerterp et al.(^4)</td>
</tr>
<tr>
<td>↓ urge to smoke</td>
<td>Daniel et al(^3)</td>
</tr>
<tr>
<td>↓ stress and irritability</td>
<td>Pronk(^6), Daniel(^3)</td>
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<tr>
<td>↓ harmful effects of prolonged sitting</td>
<td>Pynt, Hamilton(^10,11)</td>
</tr>
<tr>
<td>↑ speed and accuracy of data-entry</td>
<td>Balci, Aghazadeh(^2)</td>
</tr>
<tr>
<td>↑ engagement inactive individuals</td>
<td>Dishman et al.(^9)</td>
</tr>
<tr>
<td>↑ mood, self-efficacy; self-esteem; perception of health</td>
<td>Pronk, Thomas(^5)</td>
</tr>
<tr>
<td>↑ fruit and vegetable intake, healthy food options</td>
<td>Yancey(^7); Crawford(^8)</td>
</tr>
<tr>
<td>↑ overall vigorous physical activity</td>
<td>Dishman, Yancey(^9,12)</td>
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<tr>
<td>↑ supportive work environment</td>
<td>Crawford et al.(^8)</td>
</tr>
<tr>
<td>↑ energy levels</td>
<td>Yancey et al.(^12)</td>
</tr>
</tbody>
</table>

*Instant Recess\(^\circledR\)* videos can be done in groups, which is more engaging and productive.
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

1. Physical Layout and Social Climate
2. Pre-Existing Wellness Infrastructure
3. Innovations and Creativity
4. Leadership Support and Active Participation
5. Dedicated group of IR “Sparkplugs”
6. Persistence in Troubleshooting Efforts

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.
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 ≥ 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)

Dr. Donald L. Martin
WSFCS Superintendent of Schools

Local School Health Advisory Council

Nancy Hoover
WSFCS Health and Physical Education Program Specialist

WSFCS Elementary School Principals and Staff
INSTANT RECESS®
TEACHER TRAINING
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

% vs. Schools 1 to 8:
- White
- Black
- Hispanic

Counts:
- School 1: N=621
- School 2: N=707
- School 3: N=576
- School 4: N=527
- School 5: N=763
- School 6: N=644
- School 7: N=749
- School 8: N=344
## INSTANT RECESS ACTIVITY LEVEL OBSERVATIONS

(interval=20 seconds, time ≤ 32 minutes)

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<th>Int.</th>
<th>Activity</th>
<th>On-task</th>
<th>Context</th>
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<td>0 1 2 3 4</td>
<td>On M N P M K FS P</td>
<td>21:20</td>
</tr>
</tbody>
</table>

### Activity
1. sitting, lying down
2. light PA, standing
3. mod. PA, brisk walk
4. vigorous PA, run
5. unobservable

### On-task
M: Student is on-task
N: Off-task (noise)
P: Off-task (passive other)

### Context
K: Knowledge, lecture
FS: Fitness drills, skills
P: Game play, free play

### Observation
K: Knowledge, lecture
O: Observation

### Unengaged
M: Classroom mgmt

### Behavior
M: Classroom mgmt
K: Knowledge, lecture
Percent of Time Spent in Fitness Skills

% time in fitness skills (Instant Recess) increased in intervention (8.7%) and control (0.5%) schools, p > 0.05
% time in on-task behavior increased in intervention schools (+6.4%) and decreased in control schools (-5.2%), p = 0.03
Mean Minutes of PA in School Classrooms by Intervention Type

Spring baseline  | Spring followup  | Fall baseline  | Fall followup

- **Intervention Schools**
- **Crossover Schools**
- **Control Schools**
- **Instant Recess Classrooms**

Bar = SE
**Mean Minutes of Fitness Skills and Game and Free Play in School Classrooms by Intervention Type**

<table>
<thead>
<tr>
<th>Intervention Type</th>
<th>Spring Baseline</th>
<th>Spring Followup</th>
<th>Fall Baseline</th>
<th>Fall Followup</th>
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<tr>
<td>Game and Free Play</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Skills</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The chart shows the mean minutes of fitness skills and game and free play in school classrooms by intervention type. The data is represented as a stacked bar chart, with separate bars for each time point (spring baseline, spring followup, fall baseline, fall followup). The bars are color-coded to distinguish between game and free play and fitness skills.
MINUTES OF FITNESS SKILLS AND MVPA IN CLASSROOMS BY LEVEL OF ENTHUSIASM FOR INSTANT RECESS

<table>
<thead>
<tr>
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<th>Min FS</th>
<th>Min MVPA</th>
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<tr>
<td>No Instant Recess</td>
<td>0.64</td>
<td>0.61</td>
</tr>
<tr>
<td>Mixed enthusiasm</td>
<td>4.79&lt;sup&gt;a&lt;/sup&gt;</td>
<td>0.54</td>
</tr>
<tr>
<td>Enjoyed Instant Recess</td>
<td>6.47&lt;sup&gt;b&lt;/sup&gt;</td>
<td>2.57&lt;sup&gt;b&lt;/sup&gt;</td>
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</tbody>
</table>

<sup>a</sup> p = 0.0008 vs No Instant Recess
<sup>b</sup> p < 0.0001 vs No 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
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

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
   Check 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

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

9. Want More?
   Additional tools to 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®
   Classroom Tools: Instant Recess®
   Company Tools: 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
Screen saver (downloadable)
Recess Calendar
Braslow poster (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

http://calculator.keenfootwear.com
# Instant Recess Cost Spreadsheet

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

Enter the number of employees here

<table>
<thead>
<tr>
<th>Population Characteristics</th>
<th>Start-Up Costs</th>
<th>Resuming Costs</th>
<th>Medical Savings</th>
<th>Productivity Savings</th>
<th>Total Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Decrease in the Number of Overweight Workers (%)</td>
<td>Decrease in the Number of Obese Workers (%)</td>
<td>LCD Projector, DVD Player, and DVDs</td>
<td>Training Staff to Lead Instant Recess (1 active trainer per 20 employees)</td>
<td>Cost of 15 minutes per day in physical activity (employees)</td>
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<tr>
<td>After 3 months</td>
<td>0.00</td>
<td>0.00</td>
<td>$150</td>
<td>$0</td>
<td>$0</td>
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<tr>
<td>After 6 months</td>
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<td>$150</td>
<td>$0</td>
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<td>After 12 months</td>
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<td>$150</td>
<td>$0</td>
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<tr>
<td>After 24 months</td>
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<td>N/A</td>
<td>$150</td>
<td>$0</td>
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</tr>
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</table>

Return on Investment per $1

- $0.00 after 3 months
- $0.00 after 6 months
- #NA after 12 months
- #NA 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, DVO, LCD and speakers are available to watch Instant Recess®. If there are 33-50 employees, an LCD projector setup is included in the costs. If there are fewer than 30 employees, #N/A.

Further notes on methodology:

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

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
- “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*