



## Words About Wellness



### Fitness Breaks



Physical activity has several benefits to our health and overall wellness, ranging from weight control, disease prevention, and mood improvement (1). However, the key to receive these benefits is to engage in physical activity on a regular basis (1). It's recommended that adults receive 150 minutes of moderately-intense activities, such as brisk walking, or 75 minutes of vigorously-intense activities, such as jogging or jumping rope, each week (2, 3). Even though we all agree that exercise is helpful, the bigger question is, "How do you 'fit' it into our day"?



Fitness Breaks provide the opportunity to make physical activity a reality for anyone! Using *Toni Yancey's Instant Recess model* of incorporating 10-minute bursts of activity into your daily routine (4), Fitness Breaks can be done anywhere— whether you're at work, school, or home. You only have to commit your mind to do it! Fitness Breaks are great to incorporate in the workplace (5) and can change the social norms surrounding the myth that exercise routines have to be long, boring, and miserable. By incorporating Fitness Breaks into your work environment, you can encourage and motivate your fellow employees to stay active, while having fun at the same time. If you're interested in starting a group with your work peers, here are a few strategies that can help you get started:

1. **Identify a "coordinator"**—someone who will initiate and encourage everyone to participate in activity breaks.
2. **Identify a place**—whether it's in the hallway, breakroom, or outside, your group should find a place that's easiest and central for everyone to participate.
3. **Identify a time**—having a dedicated time for activity is ideal and is an easy signal for everyone to get ready for activity. If it's too difficult to find a time for everyone to come together, that's okay! An email, text, or intercom announcement can signal everyone to stop what they're doing and take a break wherever they may be!
4. **Make it fun**—find exercise that fits your group. Whether it's an exercise video, walk, dancing, or competition, find a way to make activity enjoyable, so everyone will want to come back for more!

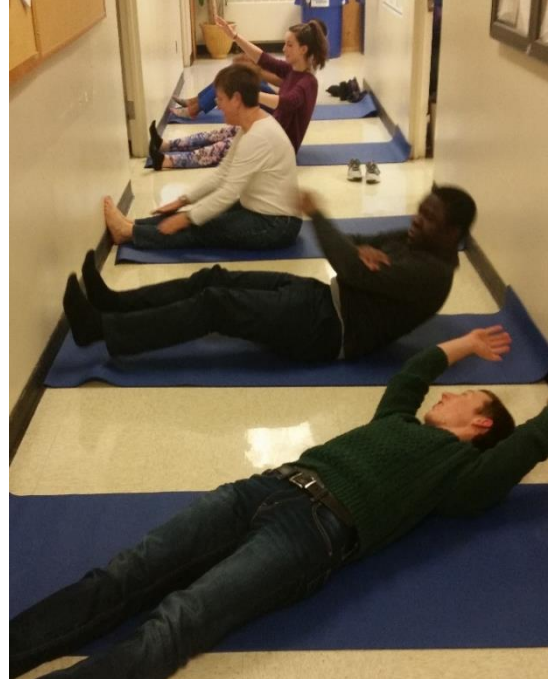


## Words About Wellness... Continued

*PIM staff and fellows engaged in a Fitness Break focused on core exercises. Pictured from L-R: Kelly Eason, Payal Mehndirata, Zayne Dadressan, Jacob Hill, Gilson Honvoh, Paula Anderson, Brittany Catucci, and Chaneé Lynch.*



*PIM staff and fellows continue to have fun in a Fitness Break focused on core exercises. Pictured from L-R: Jacob Hill, Gilson Honvoh, Paula Anderson, Brittany Catucci, and Chaneé Lynch.*



To jumpstart your breaks, click on the link below to be taken to a Google Doc that has aggregated several short exercise videos:

- Click [HERE](#) (The Program on Integrative Medicine used many of these!)

Additionally, you can also check out a few used by *Instant Recess* at the link below:

- Click [HERE](#)

### References:

1. Mayo Clinic. Exercise: 7 benefits of regular physical activity. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>. Accessed July 31, 2018.
2. Center for Disease Control and Prevention. Physical Activity Guidelines. [https://www.cdc.gov/cancer/dcpc/prevention/policies\\_practices/physical\\_activity/guidelines.htm](https://www.cdc.gov/cancer/dcpc/prevention/policies_practices/physical_activity/guidelines.htm). Accessed July 31, 2018.
3. Center for Disease Control and Prevention. Measuring Physical Activity Intensity. <https://www.cdc.gov/physicalactivity/basics/measuring/index.html>. Accessed July 31, 2018.
4. UCLA Newsroom. Instant Recess — a 10-minute fitness break — takes off around campus. <http://newsroom.ucla.edu/stories/instant-recess-takes-off-around-271708>. Accessed July 31, 2018.
5. University Gazette. 10 ways to work out at work. <https://gazette.unc.edu/2018/01/17/10-ways-to-work-out-at-work/>. Accessed July 31, 2018.