



Building a Fit Nation 10 MINUTES AT A TIME

# Specs and Guidelines

**UCLA** Kaiser Permanente  
Center for Health Equity



## FOR MORE INFORMATION

UCLA-Kaiser Permanente  
Center for Health Equity  
[www.healthyequity.ucla.edu](http://www.healthyequity.ucla.edu)

Professional Athletes Council  
[www.athletescouncil.com](http://www.athletescouncil.com)

California Department of  
Public Health  
[www.dhs.ca.gov/cpns/pa](http://www.dhs.ca.gov/cpns/pa)



## CONTACT US

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Find us on Facebook!  
under "Instant Recess"  
And on YouTube!  
under tonikyancey

## What is *Instant Recess*®?

*Instant Recess*® is an innovative way to engage people in an enjoyable form of physical activity in a social setting. This is an easy way for everyone to add a little more activity in their day and take the first step to a healthier lifestyle.

Also known as the *Lift Off!* (*lift* those buns *off* the couches and chairs!), these Instant Recess breaks are designed to be a part of an organizational routine, whether at a specific time of day or during regular meetings or classes. Different than activities you do on your own time, *Instant Recess*® becomes a part of the culture at work, school, church, or anywhere for *everyone* to re-energize and be active *together*.

## Can I design my own *Instant Recess*®?



Yes! We are always looking for some more creativity! If you choose to use the name or concept of a *Lift Off!* or *Instant Recess*® break, we ask you to maintain the following guidelines:

1. **Moderate intensity** (music ~100-120 beats/minute)
2. **Low-impact** (or include low-impact modifications)
3. **Prevent possible injuries** (lower back, neck, and knees)
4. Include both **aerobic and resistance** (or flexibility) exercises
5. Start each movement with **lower body** actions before adding upper body
6. Ensure movements are **simple and easy** to learn for the rhythmically challenged or less coordinated folks

## Show us your moves!

You can email them to [dosby@ph.ucla.edu](mailto:dosby@ph.ucla.edu) or [orders@toniyancey.com](mailto:orders@toniyancey.com) or post them on our Facebook page. If you're in the area, stop by and show us in person! We have gifts to reward creative new moves!