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 or 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!