MAJOR PRINCIPLES OF EXERCISE

You can benefit from as little as 10 MINUTES of physical activity

This means you can do 10 minutes here, 10 minutes there, and 10 minutes later to get the daily recommended amount of physical activity!

5 parts of fitness

(1) Muscle strength
(2) Cardiovascular endurance
(3) Flexibility
(4) Muscle endurance
(5) Body composition

Did You Know?
Instant Recess® breaks address all 5 parts!

NATIONAL RECOMMENDATIONS FOR PHYSICAL ACTIVITY

CHILDREN
- 60 min of physical activity daily (moderate or vigorous)
- 20 min of vigorous physical activity (3 days/week)
- Strength/resistance training (3 days/week)

ADULTS
- 30 min of moderate physical activity (5 days/week)
- 20 min of vigorous physical activity (3 days/week)
- Strength/resistance training (2 days/week)

FOLLOW THE DOC!
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Guidelines for Leading an *Instant Recess*® Break

**COMFORT**

- Always make sure the participants are comfortable
- **Any attire** is acceptable, but it may help to remove uncomfortable shoes
- **Start with the most basic form** of the exercise first
  - When people have mastered the basics, increase the intensity of each move or add strength bands for resistance
- **Start with lower body movements** before adding the upper body movements
  - Exercises can be modified to be upper body-only or lower body-only depending on individual circumstances
- There **may be mild discomfort**, but not **pain**
  - If there is pain, reduce the intensity or modify the movements

**INJURY PREVENTION**

- When stretching, **hold the stretch without bouncing** to prevent overstretching the muscle
  - Flexibility will improve over time
- **Avoid “locking” joints** by maintaining a slight bend in the elbows and knees
- **Protect the lower back** by bending from the hips, not the waist
  - Keep the abdominal muscles tight
- **Protect the knees** by making sure your knees stay behind your toes while you squat
  - Keep your feet shoulder-width apart
- **Avoid holding your breath** during the exercises
  - Remind everyone to breathe in through your nose and out through your mouth

**MUSIC**

- Feel free to **vary the music** according to group preferences or current/past hits
- The optimal speed is **120 beats per minute** (you can compare your music to the existing *Instant Recess*® breaks)
Remember to **stay positive** during the activity break.

You are each other’s motivation and positive energy is contagious. If anything, just enjoy the quick break to be up and out of your chair!

- How’s everybody feeling?
- We’re already halfway there!
- Don’t worry if you’re feeling a little tired, that means this is working!
- You’re doing a great job. Remember to keep your abs tight!
- Anyone do anything fun last night?
- Did you see the news about … <recent news or event>?
- Who else is old enough to remember when this song first came out?