



## Lift Off! 10 Minute Physical Activity Breaks

### LIFT OFF! 10 MINUTE PHYSICAL ACTIVITY BREAK LEADER TRAINING

- 8:00 Welcome and brief program intro.
- 8:10 Participant Introductions
- 8:25 Review of Training Objectives
- Develop confidence in leading 3 Types of Breaks; Aerobic, Strength, Stretch
  - Understand and demonstrate proper form for each exercise
  - Understand physical activity basics and benefits
  - Understand commonly cited barriers to physical activity
  - Understand motivational strategies for getting and keeping others engaged
  - Identify strategies for securing management buy-in and support
  - Be active and have fun!
- 8:40 Lift Off! Break Introduction
- How it all started
  - Why it works
  - What makes it different
  - Evidence of Success
- 8:55 Physical Activity Basics
- Recommend amounts and how they can be attained
  - How important are food and water?
  - Appropriate clothing
  - Benefits of regular physical activity
- 9:10 Training Session #1
- 10:00 Snack Break
- 10:15 Training Session #2
- 11:00 Motivation Discussion Group
- 11:30 Training Session #3
- 12:15 Concluding Remarks
- 12:30 Close

Materials: DVD or Video / CD or audiotape

Participants are encouraged to bring a CD of music to use for a Lift Off! ~ 120 beats per minute.

It will be advantageous for participants to have viewed the DVD or Video prior to attending the training session.