

Instant Recess

USER'S GUIDE



Introduction

Do you want to be a Champion for physical activity and healthy eating but not sure what to do or where to start? Well, get up and get ready because it is *Instant Recess* time!

This *Instant Recess* DVD features a 10 minute physical activity break that can be used at anytime, anywhere to empower you to be a Champion for Change by getting up, moving, and having fun! If you need a pick me up during the day or just want to have some fun while being active, then *Instant Recess* is for you. All you need is some space to move around and some comfortable clothing. An audio CD is also available if you do not have a DVD player around. Get ready for more, because this is just the beginning and new versions of *Instant Recess* are under development and on the way!



Why Instant Recess?

Today's youth may become the first generation to experience shorter life expectancies than their parents. Nationally, obesity rates have nearly quintupled among 6-to-11 year-olds and tripled among teens and children ages 2 to 5 since the 1970s, according to the Centers for Disease Control and Prevention. The challenge comes in finding ways to increase physical activity and nutritious diets in youth.



Instant Recess provides a way for students and teachers to be Champions for Change by being physically active and eating right. It is part of the solution to the lack of physical activity provided for children in the school setting, after school, and time spent with family. *Instant Recess* is an opportunity for students to be engaged in simple physical activities that are fun

and easy to learn. In addition, they are presented with healthy nutrition messaging in an engaging way.

By featuring professional athletes participating in physical activity and healthy eating, youth become empowered to choose healthy alternatives instead of the unhealthy options. These role models can help change social norms, making it "cool" and fun to be physically active and healthy!

How do I use *Instant Recess*?

Start each school day with physical activity using an *Instant Recess* DVD or CD. During the school day, use *Instant Recess* in between lessons to energize and empower students to be Champions too!

Once students have learned the "moves," have them bring their own music with a similar pace for the *Instant Recess* physical activity breaks. Or be creative and select some "beats" yourself. Let students take turns leading the *Instant Recess* break with the athlete.



During after school programs use *Instant Recess* to keep students energized and active. Practice each athlete's signature move or have students design their own "signature moves." If you have a smartphone or digital camera with video capability, record students performing their moves and e-mail it to be considered for inclusion in the next *Instant Recess* CD/DVD (see Web site links at the end of this guide).

Recess does not need to end just because the school day is over. *Instant Recess* can be used at both after school programs and community youth organizations. Encourage students to be

Champions for Change every day and use *Instant Recess* at home with their families. *Instant Recess* can be used together before or after dinner, during the weekends, and when friends are over.



Instant Recess provides a fun way to be physically active and gives you tips on how to eat healthy! As you can see, you can be a Champion anytime and use *Instant Recess* anywhere! So, what are you waiting for?

How do I stay safe while using *Instant Recess*?

To perform in any kind of exercise, it is important that you dress appropriately. *Instant Recess* breaks can be done in any attire, but sneakers and comfortable clothing are best. Try to have plenty of room to move when participating in *Instant Recess* activities.

Listen to your body. Go at your own speed and pace during *Instant Recess*. If at any time you feel you cannot follow along, slow down and move at a level that's comfortable for you.


Also, be sure to drink plenty of water before, during, and after physical activity. Stay hydrated and have fun!



What is PAC?

In the winter of 2005, Jerry Stackhouse of the NBA's Dallas Mavericks and Allen Rossum of the NFL's Atlanta Falcons developed a framework to launch the first-ever collaborative of professional athletes focused on helping to reverse the trend of rising youth obesity rates. Both players' individual foundations have youth obesity-related missions.

The Professional Athlete's Council's (PAC) core purpose is to:

- Promote healthy eating and physical activity in schools and assist with implementation of key elements of the coordinated school health program.
 - Use athletes' status to engage young people in living healthier lives by influencing social norms, i.e. making it “cool” to be physically fit, regardless of weight status (PAC-A-NIZE).
 - Promote innovative and fun ways to engage kids in healthy eating and active living.
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- Use athletes' status to influence policy and environmental change as a whole, including social norms, organizational practices and legislative policies, necessary to “turn the tide” to arrest the epidemic of youth obesity.

Thirty-two professional athletes from a variety of sports and cities have joined PAC, and the number of Champion athletes wanting to become actively involved in this issue is growing. PAC has been successful in recruiting professional athletes representing a wide variety of ethnic, cultural and socioeconomic backgrounds.

Due to the importance of increasing physical activity in our lives, The *Network for a Healthy California (Network)*, part of the California Department of Public Health, has joined with PAC to help make *Instant Recess* possible. The *Network* is a public health effort that empowers low-income Californians to eat healthy



and be active by providing essential nutrition education. The *Network* addresses four health issues impacting California: fruit and vegetable consumption, physical activity, food insecurity and preventing chronic diseases, especially obesity. With the rallying cry, "Champions for Change," the *Network* demonstrates that every day people have the ability to make important and necessary changes in their households, schools, child care centers, places of worship, and youth programs, and take control of their families' health and well-being.

Visit www.athletescouncil.com for more information.



How can I get additional copies of *Instant Recess*?

Network partners can order a free copy of the *Instant Recess* DVD/CD via the online ordering system, <https://web3.kpcorp.com/v25/entry.asp?Account=CANN>. *Instant Recess* DVD/CDs are also available for purchase at <http://web3.kpcorp.com/c2credit>.

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