



Fuel Up
Lift Off!
LA



UCLA SCHOOL of PUBLIC HEALTH
CEHD
CENTER TO ELIMINATE
HEALTH DISPARITIES



Lift Off! 10-Minute Physical Activity Breaks



Pausa para tu Salud at the Mexican Ministry of Health

The *Lift Off!* 10-Minute Physical Activity Break was designed to change socio-cultural norms to increase moderate regular physical activity participation. The *Lift Off!* approach addresses a key weakness of many prior organizational wellness efforts because it strives to engage the entire workforce.

Lift Off! 10-Minute Physical Activity Breaks are:

- integrated into participating organizations' meetings and events lasting one hour or longer, particularly functions in which refreshments are served
- implemented "on the clock" (during paid time) at a certain time of day in the building foyer, waiting room, reception area, break room or other communal space to engage all staff, including line staff who don't often attend meetings
- composed of a series of simple aerobic dance/calisthenics movements with catchy titles such as the Hulk and the Hallelujah set to culturally salient music
- intentionally designed to be appropriate for unfit, sedentary, overweight adults in ordinary street clothing, and led by a member of the organization (a peer), ideally one who has been trained and certified to lead these breaks, but does not necessarily possess a formal exercise science background
- an early "systemic" step toward increasing physical activity levels within the predominantly sedentary populations of most developed nations, to create demand for active living goods and services and the resulting political will for aggressive legislative policy change
- of sufficient duration to "count" toward the CDC/ACSM recommendation of 30 min./day, though evidence suggests that accumulating bouts of even shorter duration confer similar health benefits to longer bouts of continuous activity (e.g., Miyashita M et al. *Am J Clin Nutr.* 2006;83:24-29)

LIFT OFF! 10-Minute Physical Activity Breaks
A Service of the UCLA School of Public Health
Center to Eliminate Health Disparities (CEHD)

Important *Lift Off!* Characteristics

- Designed to integrate physical activity into the workplace and other organizational settings, requiring minimal disruption of routine and capitalizing on supportive group dynamics and leadership support and modeling.
- Target audience includes adults of diverse racial/ethnic and socio-economic backgrounds, who are predominantly middle-aged and older, overweight and/or sedentary.
- Activities include a series of basic exercises that can be easily performed by individuals of varied fitness levels at varying levels of intensity, with minimal risk of injury.
- Concept is grounded in African-American and Latino culture, in which music is integral to social interaction and dancing or movement to music is the norm throughout adulthood.
- Population physical activity levels are unlikely to increase primarily through individual motivation and volition, so such “push” strategies as the *Lift Off!* structure in “hard-to-avoid” experiences which may incrementally improve aerobic conditioning, build skills and self-efficacy, foster enjoyment, and elevate mood and energy
- Participation rates, among meeting/event attendees in which *Lift Offs* were conducted, have consistently averaged over 90% during the 7 years since initiation of the strategy in 1999