



Lift Off! 10-Minute Physical Activity Breaks

Training Guidelines



Major Principles

- Benefits can be obtained from periods of physical activity as brief as 10 minutes (American College of Sports Medicine and Centers for Disease Control and Prevention).
- Shorter periods of physical activity, 10 minutes or more, throughout the day can combine to produce the recommended amounts of physical activity (*30/60/90 minutes*)
- **3 Types of Breaks:** Aerobic, Strength and Stretch address the **5 major components of fitness**; Muscle Strength, Cardiovascular Endurance, Flexibility, Muscle Endurance, and Body Composition. The goal of the main Aerobic break is to maximize energy expenditure by moving both upper and lower body simultaneously while maintaining moderate intensity, low-impact exercise that is palatable for sedentary individuals and appropriate for the workplace.
- Lift Offs! are culturally grounded and capitalize on the assets and values of ethnic minority communities while attending to common barriers to physically active lifestyles.

Be Mindful of the following Guidelines:

- ✓ Exercises should ALWAYS be conducted at the level at which participants feel comfortable; begin by demonstrating the most simplistic version of the exercise at a moderate intensity. After all participants have mastered the movements, demonstrate more advanced modifications. More fit participants can add plyo-metric movements and/or use strength bands to increase resistance.
- ✓ Exercises are designed to be conducted in any sort of attire however, encourage participants wearing high-heels or uncomfortable shoes to remove them. (While tennis shoes are not necessary, this is a great opportunity to encourage participants to keep a pair at their desk - for these breaks and taking walks on their lunch hour!)
- ✓ Begin with the lower body movement and then add in the upper body movement; combining lower and upper body movements maximizes calorie burning in the limited time frame while improving coordination and agility. Encourage participants to continue using their lower body while taking an upper body break if they feel tired. Participants who are unable to engage in the lower body portion of activities can complete the upper body movements from a chair; the important thing is for everyone to keep moving!
- ✓ Be attentive to injury prevention. Exercises may produce mild discomfort but should never produce pain, make sure participants understand the difference. If an exercise is producing pain, participants should adopt a less strenuous modification or return to lower or upper body movement only until beginning the next exercise.
- ✓ Form:
 - NEVER BOUNCE WHEN STRETCHING. Bouncing may cause the muscles to stretch further than their capacity and may result in injury. All stretches should be held static while participants focus on their breathing. Remind participants that increased flexibility will come over time.
 - NEVER "LOCK OUT" A JOINT; a slight bend should always be maintained in elbow and knee joints to prevent injury.
 - ALWAYS BEND FROM THE HIPS, not the waist, while holding abdominal muscles tight to protect the lower back.
- ✓ Breathing: Participants should NEVER hold their breath. Instruct participants to focus on taking deep breaths throughout the break, inhaling through their nose and exhaling through their mouth. Exhale at the exertion portion of strength exercises.
- ✓ Music: Music can be varied to keep things interesting and tailor the breaks to the group. Have people bring in their own music. 120 beats per minute is the optimal speed and you can demonstrate this rate with your own music.

AEROBIC BREAK

Reminder: Focus on taking deep breaths and proper form throughout the exercises.

Encourage participants and remind them that these exercises will get easier over time, really!

Warm Up

Marching

- Shoulder Press
- Tricep Kick **Form reminder – bend at the hips with abs pulled in

Side Step

- Modified Jumping Jack
- Hulk **Form reminder – bend at the hips with abs pulled in

COMBINE LAST 4 MOVEMENTS

Side Step

- Halleluliah
- Knee Lift (with Elbow option)
- Hamstring Curls
- Punches with Toe Tap

COMBINE LAST 4 MOVEMENTS

Cool Down & Stretch

STRENGTH BREAK

Reminder: NEVER lock out a joint, this can lead to injury. It is ok to rest for one or two repetitions and then join back in with the group. Focusing on exhaling during exertion and NEVER hold your breath!

Warm Up

- Squats ** Form reminder – knees should not pass beyond toes
- Shoulder Raises

COMBINE LAST 2 MOVEMENTS

- Wall Push Ups
- Row

COMBINE LAST 2 MOVEMENTS

- Arm Curl
- Triceps

COMBINE LAST 2 MOVEMENTS

Cool Down & Stretch

STRETCH BREAK

Reminder: Stretching helps increase blood flow to the muscles and keeps them loose.

Remember to NEVER bounce, flexibility will improve over time.

- Upper Back
- Upper Body
- Triceps

COMBINE LAST 3 STRETCHES

- Back & Shoulder
- Hamstrings
- Calves

COMBINE LAST 3 STRETCHES

Motivational Sayings

It is important to stay positive during these activity breaks, and keep all feedback positive!

Here are some comments you may find helpful:

- ✓ How's everybody feeling?
- ✓ We're already over half-way there!
- ✓ Everybody is looking good. Keep it up!
- ✓ Don't worry if you're feeling a little tired, that is just your body's way of telling you it is working (this is a good thing)!
- ✓ Enjoy the movement while you can. We'll all have plenty of time to sit at our desks/computers/etc. throughout the rest of the day.
- ✓ If you need to rest, do just the upper or lower body movement. It's always ok to take a quick break and then come back and join us.
- ✓ You are doing a great job. Remember to _____ (keep your arms up, bend with your knees, hold your abdominals in tightly, etc.)
- ✓ These breaks will get easier with time, I promise.
- ✓ Think of all the good you are doing for your body.
- ✓ Billy Blanks (or any other famous exercise personality) has nothing on this group!
- ✓ Before too long, Jane Fonda will be asking us to be in her next video!

Distraction is good too. Just talking will make the time go by faster.

Examples of distracting phrases you might use include:

- ✓ Anybody do something fun last night?
- ✓ How was everyone's weekend?
- ✓ Who's got a funny story to share?
- ✓ Anything interesting happen on the way into work this morning?
- ✓ Did you hear (recent news item, workplace event, etc.)

Be creative!

The important thing is for people get moving and feel good about them-selves for doing it!