

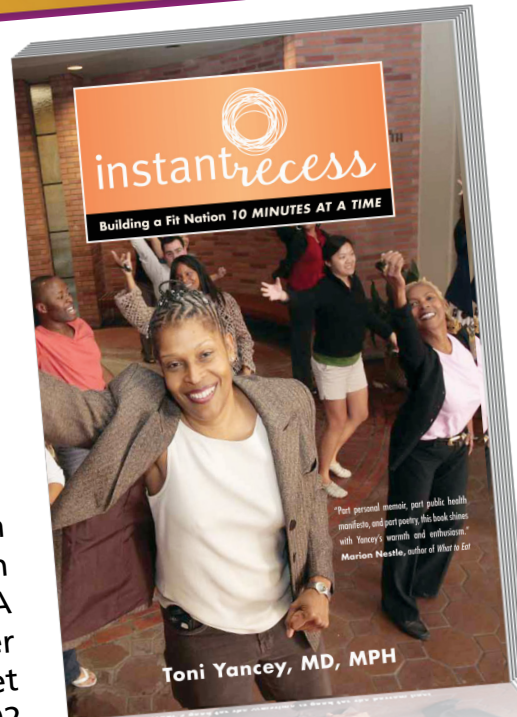
A. **Toni** YANCEY MD MPH

[www.ToniYancey.com](http://www.ToniYancey.com)

**Appearances:**  
Instant Recess reading  
and book signing

**When & Where:**  
Sat., November 6, Noon-1 pm  
Centennial Ballroom H  
Hyatt Regency  
650 15th Street  
Denver, Colorado 80202

Mon., November 8, 6:30-8 pm  
UCLA Alumni Reception  
Korbel Ballroom 2A  
Convention Center  
700 14th Street  
Denver, Colorado 80202



**“A very clear, readable and enjoyable book, Instant Recess could get America moving again.”**

- David Satcher, MD, PhD, 16th US Surgeon General

**“Dr. Yancey provides the tools to get America moving, in a very accessible style with the scientific research to back it up.”**

- Senator Tom Harkin (D-IA), Chairman, Senate HELP Committee

**“Instant Recess can work equally well in the corporate boardroom, school classroom, or for fans at a sporting event.”**

- Dave Winfield, Baseball Hall of Famer and ESPN commentator

### **INSTANT RECESS BOOK**

**This lively, inspiring, and informative book zeroes in on the state of American fitness—persistently sedentary, plagued by obesity—and issues a clarion call to action that reaches across economic, racial, and educational lines.**

Toni Yancey finds that despite our best intentions and repeated resolutions to exercise, as well as a 40-year investment in fitness education and counseling, physical activity in all levels of society continues to plummet. In a warm, reader-friendly narrative that draws on solid scientific research, personal experience, and her own poetry, Yancey calls for a radically different approach: one that respects diversity and is grounded in the cultures of those most at risk.

Instant Recess proposes regular ten-minute exercise breaks that utilize music and dance and are easily incorporated into school, work, and community life. Rather than encouraging unhealthful habits like cigarette breaks or high fat snacks, these “instant recesses” make the active choice the natural one. Here is a new paradigm for fitness and public health that promises vitality, well being, and a greater sense of community—demonstrating, as Yancey argues, that **what’s good for the waistline is good for the bottom line!**

- University of California Press