

IDEAS FOR FUN PHYSICAL ACTIVITY AT MEETINGS

Meeting breaks are great opportunities for workers to get some physical activity every day. You don't have to be an aerobics instructor to lead a physical activity break. Just remember to have fun and be safe.

A Physical Activity Break is:

- Completely voluntary.
- Movement at one's own pace that is comfortable and does not cause pain.
- 3 to 10 minutes long, gets the muscles warm, and the heart pumping.
- A reason to smile.
- An energizer for the rest of the meeting.

A Physical Activity Break does not Need to:

- Make people sweat.
- Cause pain or discomfort.
- Be professionally organized or led.

Simple Tips on How to Lead a Physical Activity Break:

- Physical activity breaks can take place anywhere (e.g., inside the meeting room, outside the room, outside the building, or even in your chair).
- Ensure sufficient space and clearance for everyone to avoid injury.
- Advise participants to do only what feels good and to stop immediately if anything hurts.



Physical Activity Suggestions that are Ideal for Meeting Breaks:

- Slowly stretch neck, shoulders, arms, hands, back, legs, and feet—avoid bouncing and jerky movements.
- Move arms, head, and torso in circles.
- Lead a brisk walk around the room, the inside of the building, or outside. Consider including the stairs, if available.
- March in place.
- Suggest that participants lift knees higher or pump their arms if they want to get a more vigorous workout, but only if it is comfortable.

For more tips on adding physical activity to your day, please refer to the *Physical Activity for Your Health, Your Life, and Your Neighborhood* brochure at www.networkforahealthycalifornia.net/worksites/resources.



RESOURCES

- American Cancer Society Meeting Well Tool, www.cancer.org, 1-800-ACS-2345
- *Network for a Healthy California* Healthy Meal and Snack Recipes, www.cachampionsforchange.net/en/Recipes.php
- Lift Off! 10-Minute Physical Activity Breaks, www.ph.ucla.edu/cehd/activity_breaks.htm