

## Sparking a *Movement* to Energize America 10 Minutes at a Time

*“Workplace recess can benefit both employers and employees by helping to get people moving who spend so much time sitting and attached to their electronics, at a time when obesity rates continue to grow,” said Dr. Yancey. “My research clearly demonstrates that short activity breaks during the day are beneficial for one’s physical and mental health, improving productivity and aiding in arresting weight gain.”*



### What is the Instant Recess® program?



- Incorporation of 10-minute activity breaks into daily routine, e.g., on paid time or during non-PE classes
- Simple, easily replicated, low-impact, moderate intensity movements, usually performed to music
- Scientifically designed to maximize energy expenditure & enjoyment while minimizing injury risk and perceived exertion

- Structured to maximize accessibility & effectiveness while minimizing wasted time
- Implemented in thousands of workplaces and schools since 1999, with Instant Recess® materials purchased in 45 states and DC, as well as 10 foreign countries



- Bringing joy and burning calories in every imaginable work environment, from labs to factories to call centers to cubicles!
- Evaluated in foundation- & federally-funded studies

- Extensive library of DVDs, CDs and information guides available at:

[bit.ly/BuyInstantRecess](http://bit.ly/BuyInstantRecess)

- Winner of 2012 CDC Weight of the Nation™ Pioneering Innovation Award for Community Mobilization



## What are the benefits of the Instant Recess® program?

The benefits of integrating physical activity into the workday (“recess”) are numerous and well documented. Dr. Yancey’s research demonstrates that short activity breaks during the day have been shown to lift one’s mood, improve productivity and avert weight gain.

The results of a recent Survey on Workplace Recess conducted by Harris Interactive, revealed that more than half (53%) of working adults indicated that if a 10-minute “recess” outdoor break was initiated at their workplace every day, it would make them a healthier, happier or more productive employee.



For employers, Yancey’s team estimates that launching a recess program would deliver a return on investment, ranging from 150%-200% for every dollar spent implementing the program.



GONE TO RECESS  
BACK IN TEN

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## About Dr. Toni Yancey

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Toni (Antronette K.) Yancey, MD, MPH currently is Professor, Department of Health Services, [UCLA School of Public Health](http://UCLA School of Public Health), and Co-Director, UCLA Kaiser Permanente Center for Health Equity and is the author of *Instant Recess: Building a Fit Nation -- 10 Minutes at a Time* (University of California Press, Berkeley, CA), which was published in November 2010. She serves on the Editorial Boards of the *American Journal of Preventive Medicine*, *Preventive Medicine*, the *Journal of Physical Activity and Health*, and the *American Journal of Health Promotion*.



Dr. Yancey also serves on the Board of Directors of the Partnership for a Healthier America, the non-profit supporting First Lady Michelle Obama’s Let’s Move campaign to end the childhood obesity epidemic, and the Los Angeles County First 5 Commission. She is the immediate past Chair of the Board of Directors of the Public Health Institute (Oakland, CA), having left in 2010 after more than a decade, and the same year joined the Board of Directors of Action for Healthy Kids (Chicago, IL).

Dr. Yancey completed her undergraduate studies in biochemistry and molecular biology at Northwestern University where she was a starting center on the varsity basketball team, medical degree at Duke, and preventive medicine residency/MPH at UCLA.