

GOT MOVES? HOW ABOUT...

10-MINUTE WALK

CHECK YOUR WATCH
WALK FOR 5-MINUTES
TURN AROUND
WALK BACK TO START
POINT

DANCE BREAK

PREVIEW AND CUE UP
10-MINUTES OF YOUR
FAVORITE MUSIC & ROCK
OUT

CIRCUIT TRAIN

ALTERNATE 1-MINUTE
AEROBIC & RESISTIVE
MOVES LIKE:

1. SIT-TO-STAND
2. ROW WITH WEIGHTS
3. STEP-UPS
4. WALL PUSHUPS
5. JUMP ROPE
6. BICEPS CURLS
7. JUMPING JACKS
8. TRICEPS EXTENSIONS
9. HOPSCOTCH
10. SHOULDER PRESS

STRETCH & TONE

TRY A FEW YOGA MOVES
& SOME RETRO
CALISTHENICS:

1. PLANK VARIATIONS
(30-SEC HOLD, 3-5x)
2. BRIDGE VARIATIONS
(30-SEC HOLD, 3-5x)
3. HUNTING DOGS
(20-30x RIGHT & LEFT)
4. CLAMS
(20-30x RIGHT & LEFT)
5. STUART MCGILL "CURL
UPS"
(5-10x RIGHT & LEFT)

"MOUSE POTATOES", LISTEN UP

Better yet, stand up and view [What's Good for the Waistline is Good for the Bottomline](#), a TEDx talk, by Toni Yancey, MD, MPH, author of [Instant Recess® Building a Fit Nation 10 Minutes At a Time](#).

If you weren't able to watch, here are some highlights. Dr. Yancey began the talk with her 1996 poem, *Recapturing Recess*.

"Now I know
Y'all can remember
The recess bell
The wave of exhilaration
The sigh of relief
The sheer release
The transformation
Of fidgeting
Into linear motion
Raise up your hands
If you can remember
All that pent-up energy
Exploding
Into air and space
And wind and sunshine
And if you can recapture
Even a little joy
Of unbridled movement
Then just maybe
There's hope
For the *couch potatoes*
Those of you
Too worn down
Even to fidget
Think you need rest and food
But you toss and turn in bed
And meals don't really sit well
These bodies just weren't meant
For so much sittin' and
standin'
And so little recess"

From 1890 – 1910 the electric chair killed 4,400 whereas it is estimated that the office chair has killed hundreds of thousands.

Organizations like [Let's Move](#), churches, corporations like [UCLA Health](#), and schools participating in *Instant Recess®* benefit from 10-minute activity bouts during the work or school day with:

Decreased

Waistline, blood pressure,
weight and percent body fat
Appetite
Urge to smoke
Stress and anxiety
Harmful effects of prolonged
sitting

Increased:

Engagement of inactive
people
Mood, self-efficacy, self-
esteem
Fruit and vegetable intake and
water consumption
Physical activity
Concentration
Energy levels
Cognitive processing,
especially executive function
component (judgment
processing efficiency)
Bone density
Employee morale

All this accomplished with minimal dollar cost. [Dr. Yancey](#), along with celebrity advocates like Beyoncé and her [Move Your Body](#) flash workout (runs 4:19, so you have to do it twice ☺) and

Oprah Winfrey challenged all of us to become "active-ists" "sparkplugs" in the workplace and community.



Image from [Instant Recess®](#)

And I challenge you too, especially with the busy holiday season nearly upon us. Comfortable shoes and clothing are all you need to move more because a 10-minute fitness break "...doesn't have to be hard, fast or pounding to reap rewards." [Susan Ingraham, BCRPA](#). Nor does it have to be sweaty, it just has to happen and it will when you lose the "if-it-isn't-a-60-minute-workout-it-isn't-good-enough" mentality.

See the sidebar for four 10-minute exercise breaks I created. What can you come up with? Please share!