



Instant Recess: Get Moving at the Library

Thursday, February 21, 2013 at 12 Noon

Presented by:

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Today

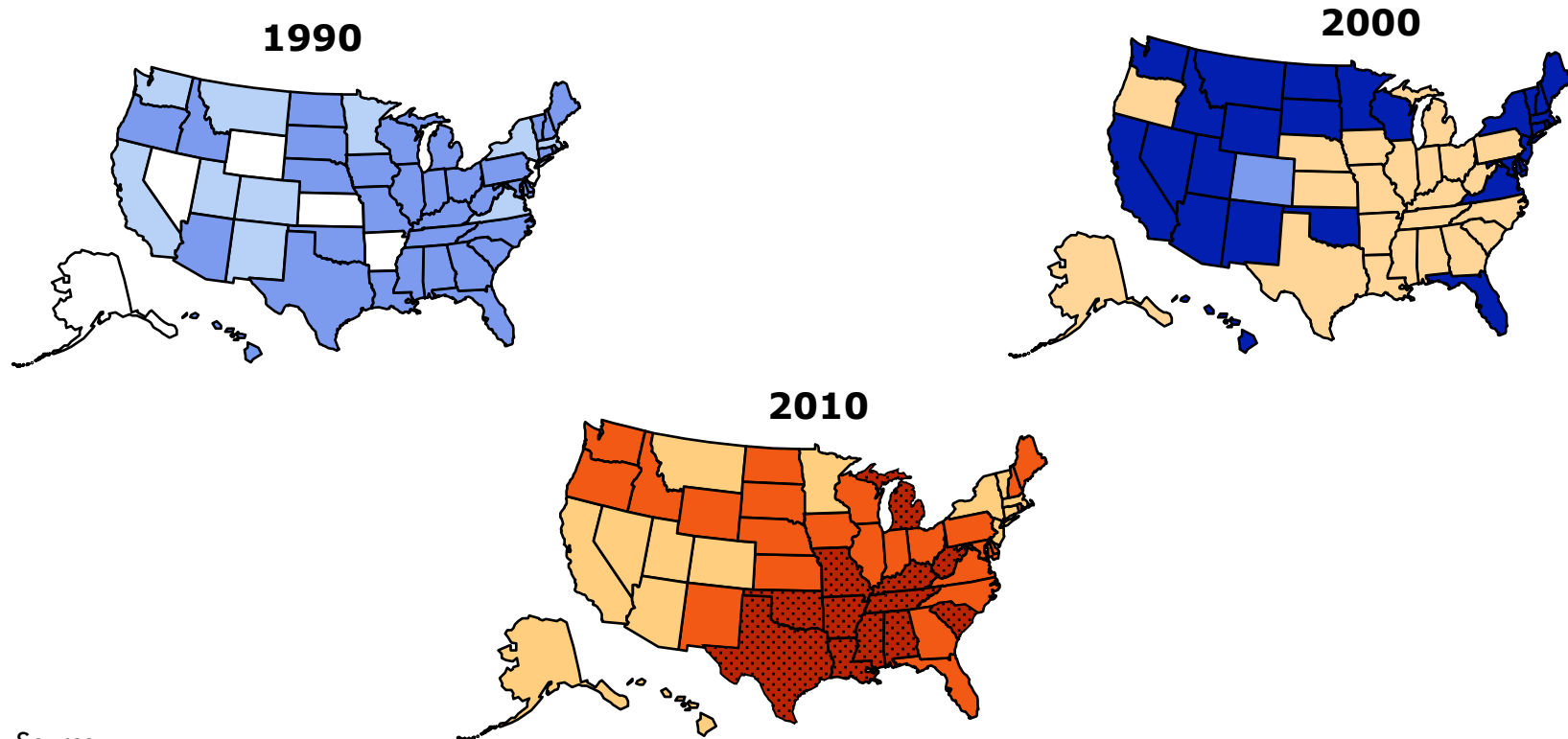
- Intro
- Health challenges in America
- Benefits of physical activity
- What is Instant Recess?
- **Instant Recess Break**
- Instant Recess at the Lawndale Library
- Instant Recess at other California libraries



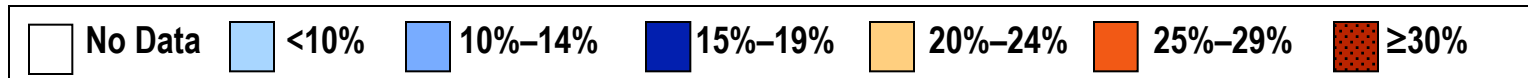
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5' 4" person)



Source:
Behavioral Risk Factor
Surveillance System, CDC





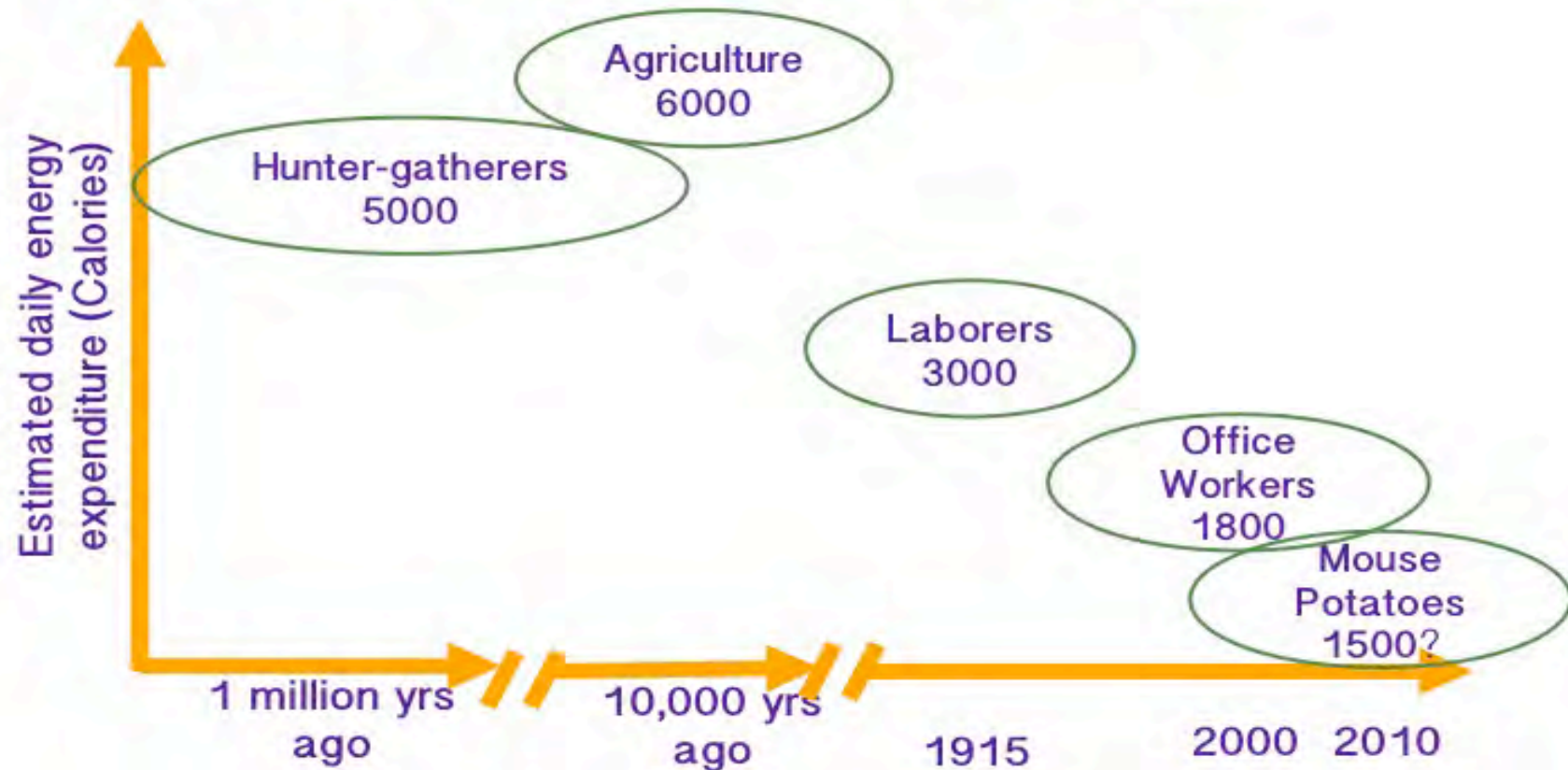
How Bad Is It?

- About **one in three** U.S. adults, and nearly **one in five** U.S. children and adolescents are now obese.
- In 2008, **one in four** U.S. adults reported no leisure time physical activity.
- In 2010, **one in ten** people over age 20 years (that's about 25 million people) had diabetes.
- The health care costs of obesity were as high as **\$147** billion in 2008.



Why Instant Recess?

TRENDS IN ENERGY EXPENDITURE





Effects of Prolonged Sitting

- Sitting increases risk of death up to 40% & doubles the risk of cardiovascular disease
 - Shuts off electrical activity in leg muscles
 - Drops rates of calorie burning to 1 per minute
 - Drops fat-burning enzymes by 90%
 - Drops good cholesterol & insulin effectiveness





Physical Activity is Necessary!

- Most of our time is spent sitting, whether in cars, on sofas (in front of TV or computer), or chairs (at work, in school).
- The American College of Sports Medicine defines a “sedentary lifestyle” as less than 30 minutes of daily moderate to vigorous physical activity (e.g., activities that are **at least as strenuous as** brisk walking).
- Physical Activity is not just “exercise” you do in the gym, but movement that helps you burn off the calories from the food you eat.
- Physical activity includes daily activities like walking your dog or cleaning your house.

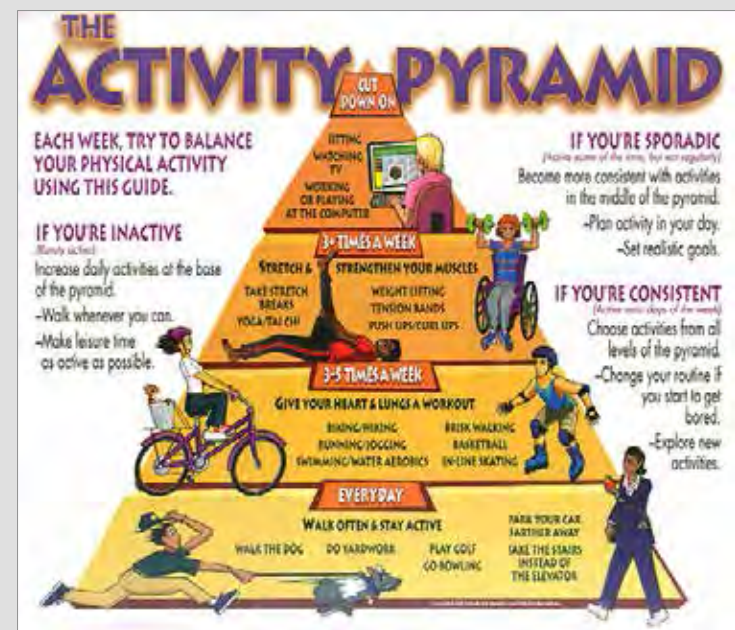


How Active Should We Be?

According to the national physical activity guidelines:

Children: should engage in a bare minimum of 60 minutes of moderate to vigorous physical activity everyday (more strenuous than brisk walking).

Adults: should have a bare minimum 30 minutes of moderate to vigorous physical activity daily.



It does not have to be continuous activity, but can be broken down into 10-minute segments



What is Instant Recess?

- Building a culture and society that makes activity the easy choice
- Dr. Yancey's approach to building activity back into our daily lives
- Short bouts of activity (10 minutes) set to music
- No special skills or attire required
- Why “Recess”?





How Does Instant Recess® Work?

- **Creates opportunity on “paid time”**
 - Gives employees a brief mental and physical break from the work day
 - Provides a boost of energy during the “mid-afternoon slump”
- **Also encourages changes to improve the food environment at work**
 - With increased energy from taking daily recess breaks, healthier snacks will taste better.
- **Employs multiple levels of influence:**
 - “Deliberate Practice”
 - Social Support and Group Dynamics
 - Motivational “teachable” moment



Elements Of Instant Recess®

Instant Recess has three basic elements: the type of activity, the intensity of activity and, of course, the music!

Type of activity: aerobic, strength building, stretching and dance activities

Intensity of activity: low or moderate, so that almost anyone can participate

Music: we use music that has 100-120 beats per minute, which is the pace of most popular dance songs



Basic Structure of an Instant Recess® Break

- IR Breaks are designed to maximize energy expenditure
 - Moves engage large muscle groups in the upper and lower body.
- IR Breaks are choreographed to be “do-able” for all ages, body types, and levels of coordination
 - Each move is easy to learn, so that everyone can participate.
 - Modifications available to tailor each move to your level, and personal flair is highly encouraged!
- IR breaks are designed to minimize risk of injury
 - Your neck, back, and knees are protected to avoid injury



Why Recess in the middle of library, work, school, church?

- ✧ Leadership “walks the talk” on wellness and unique opportunity for managers to interact with employees
- ✧ Even the most sedentary individuals are attracted to the social aspect – it’s FUN!
- ✧ Kick starts cognitive processing to actually improve productivity
- ✧ Greatly increases the likelihood of participation & results!
- ✧ What’s good for the waistline is good for the bottom line! Conservatively estimate at least a 2:1 ROI.



Why Does Instant Recess® Work?

- **Minimal Cost**
 - For companies, minimal cost of time and money
 - For employees, ability to use paid time to “recharge”
 - The return on investment in terms of employee productivity is often greater than the time invested
- **Made for Groups**
 - Group setting provides social support to engage in healthy behaviors
 - Group setting also provides time to improve employee relationships and boost morale
- **Reduces Barriers to Activity**
 - Initiated as a “default” activity rather than a “voluntary” option.
 - Adjustable for all shapes, sizes, abilities, and fitness levels
 - Minimizes perspiration, so prevents messing up hairstyles or work clothes



Health Benefits Of Instant Recess®

Mood
Self-Esteem
Perceived Health
Fruit Intake
Vegetable Intake
Energy
Employee Morale

Blood Pressure
Body Fat
Waistlines
Appetite
Urge To Smoke
Stress
Irritability



Organizational Benefits Of Instant Recess®

Additionally, what's good for the waistline is good for the bottom line.

Click on the graphic to the right to fill out the Recess Cost Benefit Calculator to see how Instant Recess® can benefit your worksite.

The screenshot shows the "KEEN" logo at the top left. The main heading is "RECESS COST BENEFIT CALCULATOR". To the right, a text block states: "A SMALL PRICE FOR EMPLOYEE WELLNESS. MANY HEALTH RETURNS. The short-term and long-term benefits of Recess will have a significant return on investment through employee health, happiness and productivity. How much will you spend on employee wellness? Let's start with 10 minutes a day." Below this is a "GET INVOLVED" section with a "Corporate Toolkit" icon and text: "Tools and resources for your own recess program". The calculator form itself is titled "ESTIMATE YOUR RECESS SAVINGS" and includes fields for: "# of Employees", "Avg Hourly Wage", "Avg Hours/Week", "Industry Type" (with a dropdown menu showing "White Collar"), and "Recess Will Be" (with radio buttons for "Mandatory" and "Voluntary"). It also features a section for "Estimated One Year Savings" with a text input field and a "Download cost spreadsheet" link. At the bottom, there are links for "calculator.keenfootwear.com", "ADD TO YOUR WEBSITE", and an "EMBED" button.



instantrecess®

Keen Instant Recess Toolkit



instantrecess® brought to you by KEEN	
INSTANT RECESS® TOOLKIT	
PART I THE CASE FOR RECESS 1. A Letter from KEEN A brief introduction to the Instant Recess® program for company management 2. Recess Heads Up Powerpoint Use this presentation to get Management up and moving 3. Recess Cost Benefit Calculator A way to safely estimate the yearly tab and earnings for work playtime 4. Sample Press Release Examples of ways other companies have gone public with their Instant Recess® programs	6. Instant Success Factors Tips for Instant Recess® success in any workplace 7. Recess Score Board A group log for managers to track Recess participation 8. Recess Playground Monitor A log to track company morale, health and insurance stats related to Recess performance 9. Want More? Additional tools for your Instant Recess®
PART II HR TOOLKIT 1. Instant Recess® Kickoff Chock full of program highlights 2. Manager Reality Check A gut-busting fact sheet no HR manager should miss 3. Recess Readiness Quiz Your quiz to find out how much your company needs Recess 4. A Step-by-Step Guide to Bringing Recess Back An implementation guide to getting Recess in play at your workplace 5. Recess Jump Starter Your quick-start plan for putting Recess into action	PART III EMPLOYEE TOOLKIT 1. Employee Reality Check A convincing fact sheet to get employees on their feet 2. Recess Activity Videos Available for download on our website KEEN Says Instant Recess® Bidness Bootscoot Instant Recess® CalEndow Here & Now Instant Recess® African Dance Instant Recess® 3. Personal Recess Score Card A place for employees to track their activity breaks REMINDER MATERIALS Fun ways to get employees in the Recess spirit At Recess Sign Recess Pass Screensaver (downloadable) Recess Calendar Breakroom Posters (11" x 17") 10 Ways To Get Your Recess Moving Poster (11" x 17") CEO = GREEN HR = ORANGE EMPLOYEES = BLUE



Here is a sample of *Instant Recess*® Breaks Available

Aerobic-Based/Generic:

- Original *Fuel Up Lift Off!*
- Gospel Lift Off!
- California Endowment *Here and Now*

Sports/Activity Themed:

- Allen Rossum *Kick Off Lift Off!*
- FriarFit Baseball Instant Recess
- *Sparking Motion* Basketball
- Boxing Instant Recess
- Football Instant Recess

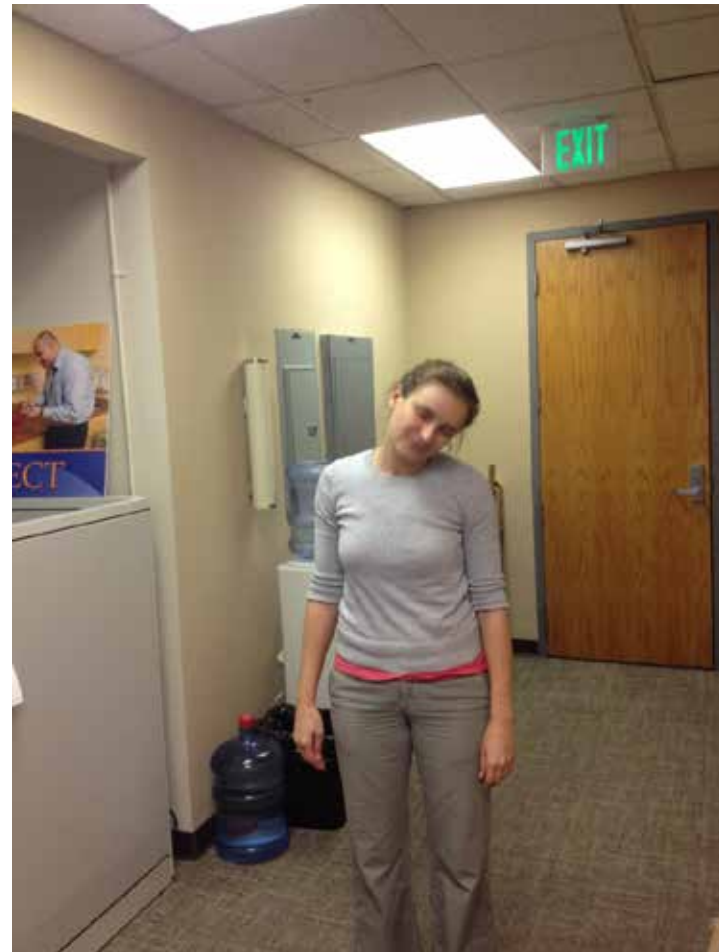
Culturally-Based Breaks:

- African Dance *Lift Off!*
- Latin Dance “Cumbia” *Lift Off!*
- Native American *Moving with Tradition*
- Filipino *Mubuhay* Instant Recess
- *Caught In The Spirit* Gospel Instant Recess
- Reggae Instant Recess
- Hip-Hop Instant Recess





Head and Shoulders





instantrecess®

Arm Curls

Keep the legs moving!





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Step in then step out



instantrecess®

Now Punch





March it out



instantrecess®

Keep the base wide and step back



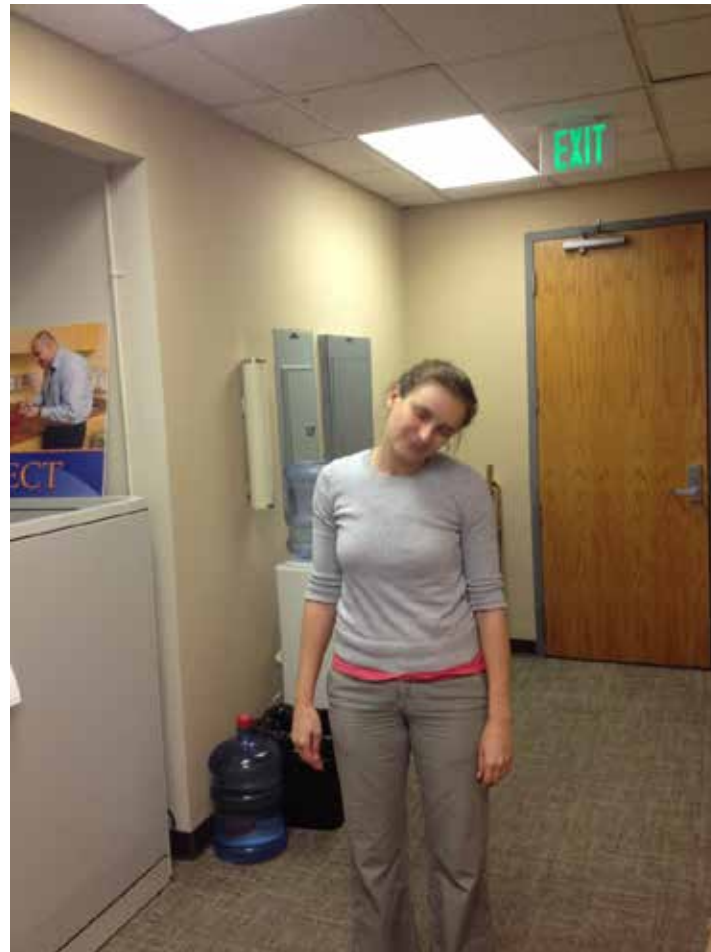
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African Hallelujah



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Cool Down







Noodles

- World Record Catch and Clap
- California Snowball Fight
- Balance Squats

Duct Tape Tails

- Dragon Tails
- 1 on 1 Catch Me
- Blob Tails

Things to remember

- Activities should reflect the people the organization serves as well as the Instant Recess leaders
- Allow people to do what they can do to the best of their ability
- As a facilitator, your energy is key
“If you don’t sell it, they won’t buy it.”

Instant Recess at the Lawndale Library

History of healthy living programs (2007+)



Instant Recess at the Lawndale Library

Solid partnerships



Instant Recess at the Lawndale Library

Enthusiastic staff



Instant Recess at the Lawndale Library

Awesome customers / Simple plan



3000 = 30,000 minutes of exercise during 2012

Instant Recess at the Lawndale Library

Supportive administration

Managers'

Meeting

Assistants'

Meeting

All Staff Training Day

Holiday
Breakfast

Staff Blog



(Link to video)

Instant Recess at California libraries



Carson Library

County of LA Library Headquarters

Lawndale Library

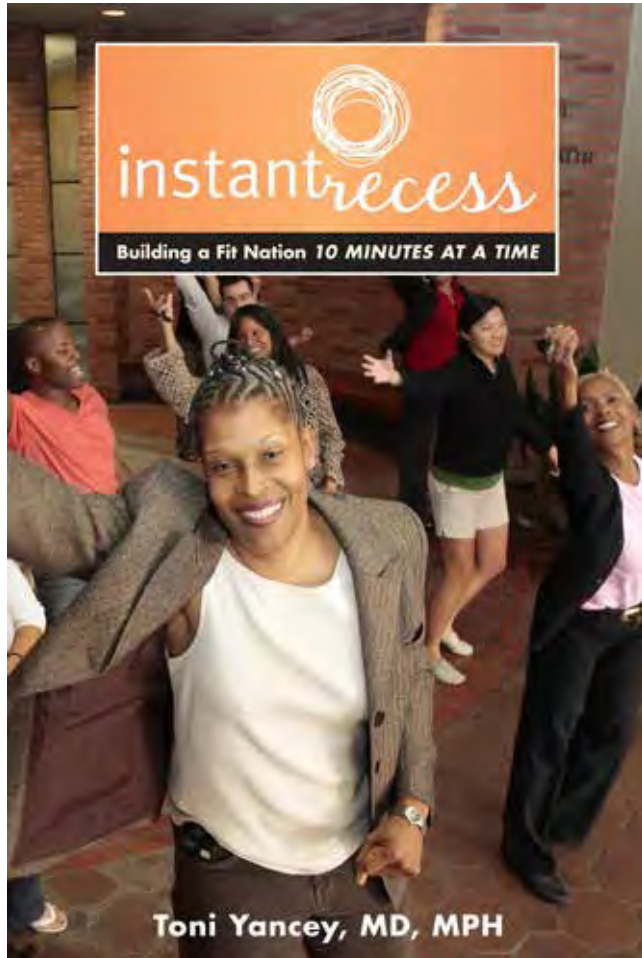
Monrovia Public Library

Santa Monica Public Library

Sorenson Library

Who's next?

Additional Resources



Watch Us On
You Tube



**DOWNLOAD
THE COMPLETE
INSTANT RECESS®
TOOL KIT**

keenfootwear.com/us/en/recess/



Questions





Thank you!

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- Jesus Mejia – jesus.mejia@providence.org



Survey and Certificate of Attendance

Please take a minute and fill out our webinar survey. You will find in at:

https://survey.qualtrics.com/SE/?SID=SV_3Qpx3jEbD970hSJ

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