Physical Activity Break Time!
Various “experts” have already concluded that sitting is deadly!

You might be sitting still…

But your health is rolling past you.

Lean side-to-side
Risk of All-Cause Mortality by Sitting Time

Source: Physical Activity Guidelines Advisory Committee 2018
Physical Activity Guidelines for Americans, 2018

Adults

Move more and sit less – some physical activity is better than none

2.5 - 5 hours (150-300 minutes)/week of moderate-intensity aerobic physical activity gives substantial health benefits

Adults should also do strengthening activities, for all major muscle groups on 2 or more days a week
Featured Resource:

Physical Activity Breaks for the Workplace Resource Guide

Categories of Physical Activity Breaks

- **Simple activities and/or takes little time to prepare:**
  - Active announcements
  - Stretches
  - Walking

- **Medium level activities and/or takes some time to prepare:**
  - Videos/DVDs – exercises, yoga, music dances
  - Office workouts

- **More complex activities and/or takes more time to prepare:**
  - Pantomimes
  - Create your own movements to music

*Lift alternate knees*
Ideas and Resources for Meeting Physical Activity Breaks

- Guides for Physical Activity Breaks at Meetings
- Active Announcements
- Airplane Stretches and Exercises
- Chair Exercises, Stretches, Tai Chi, and Yoga
- Group Energizer Activities
- Move to Music
- Music Activity Videos
- Office Workouts
- Pantomimes
- Small Group Walking Discussions
- Stretching
Active Announcements

- Walk
- Arms Up & Down
- Side Step
- Pull Arms!