

Text Chat Transcript from Feb 21, 2013 Webinar: Instant Recess

Ann Fisher:I have an adjustable desk, use it standing around 4 hours a week.

Laura Leonard:Our circulaiton desks are standing height, but we do have chairs

Christina Wainwright:a friend of mine has a desk set up at his treadmill. He works from home, and usually walks 5-10 miles per day.

Eileen O'Shea:how neat is that?!

Barbara Schwartz:I fell yesterday and have sprained my ankle—so standing is not an option for me. What type of activities can I do until I'm healed?

Valerie Voss:Christina- I love that idea!

Jesus Meija:many of the activities can be done while sitting Victoria Kemp:I have seen those desks. I don't think I can get the city to pasy for it!

Jesus Meija:there are also thera bands

Victoria Kemp:*PAY*

Eileen O'Shea:thera bands are really useful

Tirzah Alexander:what are thera bands?

Heather Matthews:I just did an Instant Recess session at our Annual Business Conference last week. People loved the Bizness Bootscoot. Accomodating to Office Staff, but can be applied to all offices. FUN

Ratia Kirby:sitting on a exercise ball while at the desk is good for your core

Eileen O'Shea:they are leastic bands that you can warp around your arms or legs for resistance exercises.

Jesus Meija:workout bands that stretch and can do various activities

Valerie Voss:For those that do this already: Do you ever include the public or is this just for staff?

Tirzah Alexander:ahhhh I've seen those. Thanks.

Eileen O'Shea: <http://www.thera-band.com/store/index.php>

Jesus Meija:both Valerie

Heather Matthews:I did it at a statewide conference for Clities and Counties. Do it with anyone who is willing

Victoria Kemp:What about liability issues?

Sara Cobb:Will there be access to the slides later? They go too fast to take good notes.

Christina Wainwright:the slides are online, on the page about this webinar

Sara Cobb:Oh, okay. Thanks.

Eileen O'Shea: yes. this is being archived. and you can download the slides (and view the archive) here: http://infopeople.org/training/instant_recess

Eileen O'Shea:<http://recess.keenfootwear.com/recess-at-work/>

Valerie Voss:which of these breaks are best for staff members with bad knees?

Valerie Voss:*pats herself on the back*

Pamela Hale:FUN!

Sara Cobb:Nice!

Rita Glick:that felt GREAT!

Ann Fisher:Just had 2 co-workers come over to see what I was doing! :)

Anissa Sandland:We worked up a sweat in our thermals here in Minnesota!

Chris Grillot:Boss said we were too loud!

Kathy Hall:thart ferlt great and fun

Eileen O'Shea:<http://www.lawndalelifestyle.com>

Chikarlo Leak:just so everyone is aware, you can do many of the moves while sitted or modify the moves to suit your limitations

Sharon Lindsay:do you have any great CD's that work for dance in a library

Tirzah Alexander:Are there any exercises in the program geared to those with injuries like tendonitus or carpal tunnel?

Jesus Meija:love the feed back

Eileen O'Shea:<http://recess.keenfootwear.com/recess-at-work/>

Jesus Meija:Chris try and get your boss on board

Terry Boyer:Thank you - great ideas!

Chikarlo Leak:Sharon there are a ton of Instant Recess CD's and DVD on the website www.instantrecess.org

LaShawnta Bell-Lewis:I have a stand-sit workstation from juststand.org and it is wonderful!

Chris Grillot:Boss will be involved on Monday! Doing African Hallelujah!

Heather Matthews:Boss wouldn't care if he knows how much more productivity he will get

Jesus Meija:I like it

Kathy Hall:I like do do this in our library

Rita Glick:This would be great for staff development day...

Christina Wainwright:I missed a moment—how often/with what frequency are they doing it with the public?

Jesus Meija:Tirzah my suggestion would be talk with your doctor about activities you could do then speak with a local pe teacher to put it to muisc

Tirzah Alexander:once, for ten minutes

Heather Pereira:That was very cool

Jean Anderson:Looks like fun!

Laura Leonard:it worked with sound and video - looks fun!

carolle gervais:looks like fun

Pamela Hale:you can even do it in a suit and tie! =)

Jonathan Reid:That was excellent! It worked for me. Looks like it was loads of fun!

Victoria Kemp:Gonna try this at next Staff Development Day.

Donna-Jo Webster:Wow! I definitely need to brush up on these dances! :)

Kathy Hall:I think this would be great for staff development day too

Barbara Schwartz:I am also going to suggest that we do this at staff meetings and staff development day!

Eileen O'Shea:useful at any all day meeting

Victoria Kemp:What Eileen said...!

Sara Cobb:I'll have to pass this info on to the City's WINS team (our wellness program)!

Jesus Meija:Santa Monica library had me come to their staff development, it was so much fun and well recieved

Eileen O'Shea:60% yes 40% undecided

Barbara Schwartz:This is great news—I am a Scottish Step Dancer (no, didn't sprain my ankle while dancing) and dance is a fantastic and fun way to exercise.

Chikarlo Leak:We actually recommend doing Instant Recess in meetings last 1 hour or longer

Catherine Given:How do you incorporate IR in summer reading club?

Rita Glick:You Tube would be a great way to get started if you're shy

Chris Grillot:Hello Carlette

Rebecca Kearney:Dayton Metro Library!

Christina Wainwright:do members of the public sign a release of liability before they participate?

Allison Gray:does anyone do this daily at a specific time in the library for the public/staff?

Chris Grillot:Hi Becky!!

Rebecca Kearney:Hi Chris!

Barbara Schwartz:What about legal ramifications if someone gets injured while participating—both staff and patrons. Is a waiver the solution?

amber castaneda:Valle Vista Library

Sharon Lindsay:I was just thinking that we might do this in the morning and in the evening and invite patrons to participate with the staff—especially patrons who have been in the library all day.

Pamela Hale:I just put Instant Recess into You Tube and got lots of results!

Chris Grillot:Employer could have staff sign waiver

Barbara Schwartz:Any suggestions on how to get Admin to buy into doing this for staff?

Kathy Hall:will we get certificate of completion

Rita Glick:Can you give me an example of how you make the first announcement about recess?

Carmella Lee:Great Ideas! I love the experience.

Eileen O'Shea:yes, there is a certificate you can get at thend. click on the survey link at the very end

Barbara Schwartz:You did a great job—thank you!

Tirzah Alexander:For Libraries and areas that have limited space, what would you suggest?

Infopeople Project:Yes, will have link to certificate at the end

Heather Matthews:Show Admin the ROI and the benefits of just 10 minutes of worksite wellness

Heather Matthews:It also reduces WC claims. Money talks

Barbara Schwartz:Who did you get to do the training? Where do you find a trainer?

Kathy Hall:If I can not get the staff to do this I will do this myself and they mine get into it later

Heather Matthews:I taught myself through You Tube, and seeing it done at a conference.

Rita Glick:Barb: You can get training from the You Tube videos

Lauren Candia:Will that training info be emailed to attendees when you do get that information?

Valerie Voss:Suggestions to get reluctant staff members involved?

Eileen O'Shea:If Meliisa shares it with us, we will see that it gets on the webinar page.