


Instant Recess: Encouraging Customers and Staff to Get Moving in the Library



Instant Recess: Get Moving at the Library
Thursday, February 21, 2013 at 12 Noon

Presented by:
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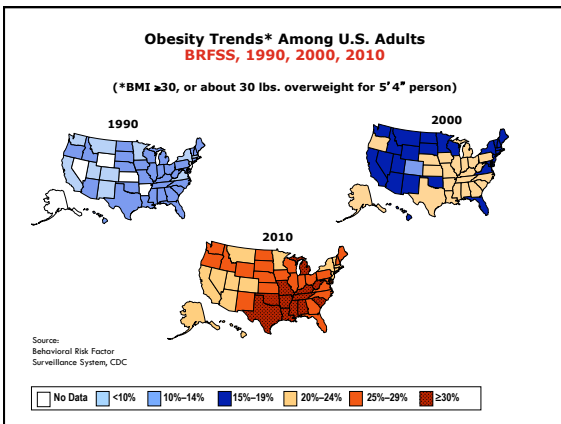
Infopeople *helping libraries think differently*



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





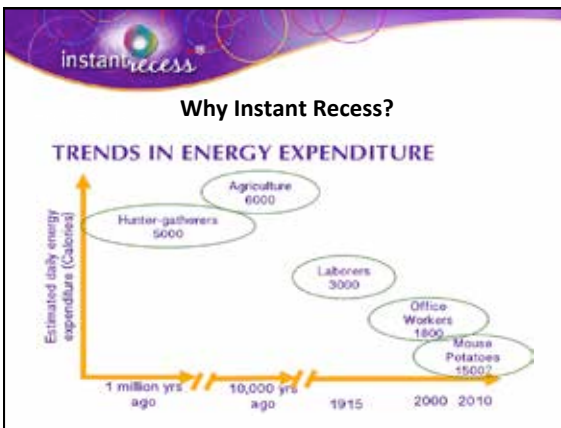
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How Bad Is It?


- 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.



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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



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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"?




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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


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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.

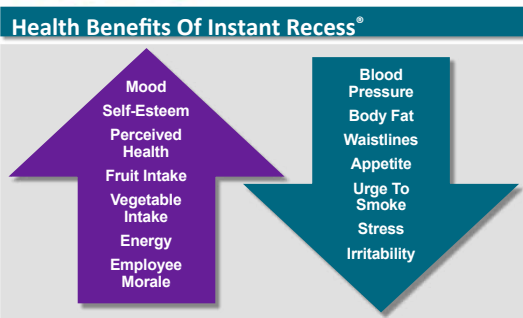


Why Does Instant Recess® Work?

- **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®



Positive Benefits (Upward Arrow)	Negative Benefits (Downward Arrow)
Mood	Blood Pressure
Self-Esteem	Body Fat
Perceived Health	Waistlines
Fruit Intake	Appetite
Vegetable Intake	Urge To Smoke
Energy	Stress
Employee Morale	Irritability

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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.






Keen Instant Recess Toolkit



Here is a sample of Instant Recess® Breaks Available

<p>Aerobic-Based/Generic:</p> <ul style="list-style-type: none"> • Original Fuel Up Lift Off! • Gospel Lift Off! • California Endowment Here and Now <p>Sports/Activity Themed:</p> <ul style="list-style-type: none"> • Allen Rossum Kick Off Lift Off! • FriarFit Baseball Instant Recess • Sparking Motion Basketball • Boxing Instant Recess • Football Instant Recess 	<p>Culturally-Based Breaks:</p> <ul style="list-style-type: none"> • 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
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Head and Shoulders



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March it out



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Arm Curls

Keep the legs moving!

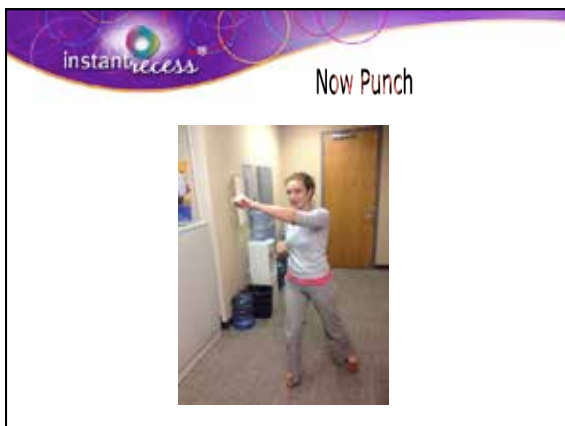


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instantrecess[®] March it out



instantrecess[®] Keep the base wide and step back

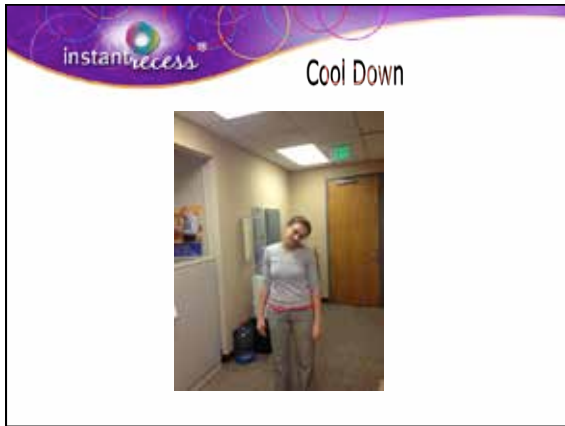


instantrecess[®] African Hallelujah



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 **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




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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

Staff Blog

Holiday Breakfast




(Link to video)

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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?

2/2013

Additional Resources




Watch Us On  

DOWNLOAD THE COMPLETE INSTANT RECESS TOOL KIT

keenfootwear.com/us/en/recess/

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Questions



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Thank you!

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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
 Thank you!



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