

A Guide to Promoting Physical Activity in the Workplace

What are “Physical Activity Breaks”?

Physical Activity Breaks are a great opportunity for employees to be more active during the workday. You don’t have to be a fitness instructor to lead a physical activity break. Just remember to have fun and be safe.

A Physical Activity Break is:

- Completely voluntary.
- Movement at one’s own pace that is comfortable and does not cause pain.
- 5 to 10 minutes long, gets the muscles warm, and the heart pumping.

A Physical Activity Break does not need to:

- Make people sweat.
- Cause pain or discomfort.
- Be professionally organized or led.

Simple tips on how to lead a Physical Activity Break:

- Physical Activity Breaks can take place anywhere (e.g., inside the meeting room, outside the room, outside the building, or even in your chair).
- Ensure sufficient space for everyone to avoid injury.
- Advise participants to do only what feels good and to stop immediately if anything hurts.

Link to 5 Minute Physical Activity Break:

<http://www.youtube.com/watch?v=tMuZ0-Y7n4>

For more information about Physical Activity Breaks visit NashVitality.org

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