



### ACTIVITY: Worksite Recess – Get Your Blood Flowing!

#### Purpose

The purpose of this activity is to :

- Increase awareness of the benefits of physical activity throughout the day
- Illustrate easy ways of incorporating movement into your daily work routine, meetings, or even at home.

#### ESTIMATED TIME

**5** minutes

#### MATERIALS

##### Required:

Internet Connection  
Computer

##### Optional:

Projector

#### Background

Research links lack of movement to multiple health problems, including muscle weakness, back and neck strain, poor circulation, as well as other long-term, more serious health issues. Getting regular exercise outside of work is important, but it is not enough to negate the effects of sitting (or standing) still most of the work week. In addition to potential health issues, we actually don't perform as well and lose focus when we are sedentary for too long.

Taking frequent, short physical activity breaks throughout the work day can increase energy and focus. The BJC WellAware center created a set of "Worksite Recess" videos to help employees incorporate movement and stretching into the work day. The video you are going to show was created for use at long meetings or conferences but the concept can be incorporated in many ways.



## Instructions & Discussion Questions

The activity is geared for workplaces where employees either sit or stand in the same position for long amounts of time. This activity can be done anytime the staff is gathered together for a short (or long!) amount of time – staff meetings, huddles, training sessions, etc.

- Ask how often people currently take any kind of “movement breaks” during the day. What do they do?
- Show the video (and encourage staff to join in):  
**Worksite Recess Session with Bake McBride of the BJC WellAware Center**  
<https://www.youtube.com/watch?v=3tkXNGRhQOI>
- Discuss the video with the group. What did they like (or not like) about it? Can they see using this throughout the day or at long meetings?
- What other ways could the group members incorporate movement breaks in their day? How could you support each other in this?

### Let's Try This!

Have the group decide how they could incorporate more movement into their day. Make a team commitment to try this for one month.

### Follow-up

Check back with the team after one month (or whatever time frame the team decided on). Have people been taking more breaks to get moving? If not, why? If so, how do they feel?

To Work Better Just Get Up From Your Desk

<http://www.forbes.com/sites/alisongriswold/2012/06/12/to-work-better-just-get-up-from-your-desk/#419762962d78>

The Health Hazards of Sitting

<https://www.washingtonpost.com/apps/g/page/national/the-health-hazards-of-sitting/750/>

**Amount of time spent in sedentary behaviors and cause-specific mortality in US adults.**

Matthews CE1, George SM, Moore SC, Bowles HR, Blair A, Park Y, Troiano RP, Hollenbeck A, Schatzkin A. Am J Clin Nutr. 2012 Feb;95(2):437-45. doi: 10.3945/ajcn.111.019620. Epub 2012 Jan 4.