

Physical Activity Breaks for the Workplace

Resource Guide

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**Centers for Disease
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Integrating the Physical Activity Guidelines into the Workday

Why is workplace health promotion important for physical activity?

Workplace health promotion continues to grow in America, with 46% of U.S. worksites having some kind of program.¹ Employers realize the workplace offers a great way to support and promote health and wellness. More than 156 million full-time workers in the United States spend one-third of their day at the workplace. These employees often spend hours sitting at a desk or in meetings, with little opportunity for physical activity.

The Physical Activity Breaks for the Workplace Resource Guide is designed for all employers, regardless of size or industry type. It provides many resources and ideas to help employees build short (5–10-minute) **activity breaks** into their workdays.



- They range from simple activities, such as stretching and office workouts, to more complex activities, such as pantomimes.
- They can be done individually or in groups.
- Most require little to no equipment or training and many can be done right at your desk.
- Employers do not need to have an onsite gym or fitness facility to create access and opportunities for their employees.
- They can be fun.

How important is physical activity for employees?

Being physically active is one of the most important actions that people can take to maintain or improve their health. And some of the health benefits gained from physical activity start immediately after being active, even when that activity is short.

According to the [Physical Activity Guidelines for Americans, 2nd edition](#) each week adults need at least 150 minutes (2 hours and 30 minutes) of moderate intensity physical activity or 75 minutes (1 hour and 15 minutes) of vigorous physical activity, or an equivalent combination of moderate and vigorous intensity activity for substantial health benefits.² The Physical Activity Guidelines say adults also need muscle-strengthening activity of moderate intensity or higher, such as lifting weights or doing push-ups, at least 2 days each week. The Physical Activity Guidelines also encourage everyone to “Move more and sit less” by reducing sedentary time and being physically active throughout the day.

How much and what type of physical activity will meet the Physical Activity Guidelines?

Since the 2008 Physical Activity Guidelines for Americans report, there is more evidence documenting the health gains for individuals who increase their activity level even if they do not reach the recommended levels. According to the Physical Activity Guidelines, bouts, or episodes, of moderate-to-vigorous physical activity of any duration may be included in the daily accumulated total volume of physical activity.

A single episode of physical activity such as walking to your worksite from the parking lot; up or down the stairs; or one of the many physical activity breaks in this guide may be of sufficient intensity (i.e., moderate to vigorous) that it can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.² Even a brief episode of physical activity, if it is at least moderate intensity, like walking up several flights of stairs, counts.

Some of the activity resources in the guide will help staff meet the aerobic guideline of 150 minutes of moderate intensity activity each week (or its equivalent). Other, lighter activities while not meeting the aerobic guideline will help staff get up and move more.

What are the challenges to getting physical activity at work?

Getting physical activity in one's daily routine can be a challenge in busy workplaces across the nation. Lack of self-confidence or skill, cost, fear of injury, deadlines and other time constraints are common barriers. Further complicating matters, is that many occupations or jobs are sedentary in nature. Data from the U.S. National Health and Nutrition Examination Survey (NHANES) indicate that Americans spend approximately 7.7 hours per day (55% of their monitored waking time) being sedentary.² Sedentary behavior increases the risk of death from all causes.



How does this guide help build physical activity into my workplace?

This resource guide presents ideas and resources for physical activity breaks in the workplace that are easy, fun, low cost, and are not disruptive to the workplace. They encourage workers to move more throughout the day. Many of the activities in this guide will move staff from sitting or being sedentary to light intensity activities. Employees should get at least some physical activity because some is better than none. Some activities in the guide may be moderate to vigorous depending on the employee's fitness level and count toward meeting the aerobic guideline in Physical Activity Guidelines . Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.



What are other ways employers can help support physical activity?

- Provide access to exercise facilities and encourage their use through outreach activities.
- Use policies and incentives to encourage physical activity, such as flextime, paid activity breaks, or discounts for offsite exercise facilities.
- Establish walking clubs or competitions that encourage and motivate employees to meet individual or team goals.
- Promote and support active commuting to and from work.
- Consider walkability and access to public transit when selecting new worksite locations.
- Engage in community planning efforts to make the communities around worksites more walkable.

For additional resources on how workplaces can enhance physical activity for employees see:

[Move Your Way](#) a campaign developed to help communicate the recommendations from the Physical Activity Guidelines to consumers, which has over 40 resources in English and Spanish available including fact sheets, posters, videos, interactive activity planning tools, and more.

[Walk this Way: A Resource on State and Local Policies That Support Physical Activity and Wellness in and Around the Workplace](#)

[Physical Activity in the Workplace—A Guide for Employers](#)

[Steps to Wellness](#) is a tool kit that helps employers create or expand wellness programs by increasing the physical activity of employees. The tool kit has seven steps and provides an overview of the *Physical Activity Guidelines*, suggestions on how to create a wellness culture, examples of what other companies have done, and resources to establish or strengthen a wellness program.

[CDC Workplace Health Resource Center](#) is an easy-to-navigate website that helps users find credible information and tools in the public domain to develop or expand workplace health programs.

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1. Centers for Disease Control and Prevention. Workplace Health in America 2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2018.
 2. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

Ideas and Resources for Physical Activity Breaks

Integrating Physical Activity into Meetings and Gatherings

Key Guidelines for Safe Physical Activity

To help employees safely participate in the workplace physical activities in this guide, employers should communicate the following to their staff through group leaders, meeting announcements, postings in common areas, or by mass communication:

- Understand the risks, yet be confident that physical activity can be safe for almost everyone.
- Choose types of physical activity that are appropriate for your current fitness level and health goals, because some activities are safer than others.
- Start Low and Go Slow—Increase physical activity gradually over time to meet key guidelines or health goals. Start with lower intensity activities and gradually increase how often and how long activities are done. If anything hurts, stop.
- If you have chronic conditions or symptoms, speak to a health care professional or physical activity specialist about the types and amounts of activity appropriate for you to start a program.

Tips for Physical Activity Break Leaders

- When beginning as a physical activity break leader, start with less complex activities. You can expand into different activities as your experience grows.
- Consider space accommodations for doing the break activities. Activities may need to be done in a chair or standing if space is limited.
- Give people permission to adapt activities to fit their bodies, such as sitting versus standing, and to avoid joint pain. Start off with sharing something like “Do those movements that are comfortable for your body and adapt activities that don’t work for you.”
- People have different tastes in activities so think about your audience’s preferences.
- Capitalize on current events to link with an activity. For example, do an active cheer when a sporting event is approaching.
- Vary between low and high energy breaks.
- Music adds interest!
- Track what you do—by keeping a list you can vary activities and avoid frequent duplication.

Guides for Physical Activity Breaks at Meetings

In addition to the ideas presented in this guide, below are other guides available on activity breaks.

- [*Activity Breaks*](#)—University of California Berkeley Be Well at Work
- [*A Guide to Making Physical Activity a Part of Meetings, Conferences and Events*](#)—Move More North Carolina
- [*In Motion Energizers: A Guide for “in motion” Breaks*](#)—Winnipeg in motion
- [*Pump Up Your Classroom and Meetings with Physical Activity Breaks*](#)—Michigan State University Extension
- [*Tips For Offering Healthier Options and Physical Activity at Workplace Meetings and Events*](#)—Centers for Disease Control and Prevention

Categories of Physical Activity Breaks

Simple activities and/or takes little time to prepare:

- Active announcements
- Stretches/exercises
- Energizers
- Small group walking discussions

Medium level activities and/or takes some time to prepare:

- Music activity videos
- Office workouts

More complex activities and/or takes more time to prepare:

- Create your own movements to music
- Pantomimes



SIMPLE ACTIVITIES



Active Announcements


Do two things at once to be efficient and active! When making announcements during a meeting the audience can do easy stretches and slow moving activities. Demonstrate the activities yourself or by an assistant, switching activities every 15–30 seconds.

Example activities include:

- Walk in place
- Reach both arms up and down
- Alternately lean side-to-side with one arm overhead and other hand on your hip
- Step side-to-side
- Press arms forward, then elbows back
- Roll shoulders forward (or circle elbows forward if people have room)
- Roll shoulders backward (or circle elbows backward if people have room)
- Alternately lift left and right knees up and down
- Roll head in a half circle left and right
- Roll up on toes and back on heels

Airplane Stretches and Exercises

While these activities can be done on an airplane, they also can occur in a meeting room!

- [12 Yoga Poses To Practice On An Airplane](#)
- [How to Do an In Flight Fitness Workout](#)
- [Yoga for Airplane Travel](#)  (run time 5:41 min)
- [Yoga for Long Flights](#)  (run time 4:59 min)





Chair Exercises, Stretches, Tai Chi, and Yoga

When space is limited in a crowded meeting room, seated activities may work best.

- [Tai Chi for Beginners - Best Instructional Video 10 Minute Warm Up for Flexibility](#)  (run time 11:55 min)
- [Tai Chi for Beginners Workout Video - Full Routine, All 24 Yang Tai Chi poses](#)  (run time 11:54 min)
- [5 Minute Yoga at Your Office Desk](#)  (run time 4:56 min)
- [10 Chair Yoga Poses for Home Practice](#)  (run time 8:23 min)—VeryWell Fit
- [Yoga at Your Desk or at Work—Sitting Yoga Poses & Breathing Exercises](#)  (run time 5:22 min)
- Olga Danilevich
 - » [Everything Here is All Right](#)  (run time 5:46 min)
 - » [Seniors Stay Strong!](#)  (song starts at 1:20 min total run time 6:57 min)
 - » [Arms and Hands Dance](#)  (run time 2:55 min)
- Julie Deluccio
 - » [The Show Must Go On](#)  (run time 4:32 min)
- Paul Eugene
 - » [Youtube Videos](#)  (run times 10 min or more)
 - » [10 Minute Chair Workout](#)  (run time 10:36 min)
 - » [Chair Aerobics Workout](#)  (run time 10:28 min)
 - » [Chair Aerobics II Workout](#)  (run time 9:58)
 - » [Latin Chair Salsa Workout](#)  (run time 13:37 min)
- Adriene Mishler
 - » [Free Yoga Videos on Top Menu Bar](#)
 - » [Wheelchair Yoga—Gentle Chair Yoga Routine](#)  (run time 11:43 min)
 - » [Yoga at Your Desk](#)  (run time 6:23)
- Sherry Zak Morris
 - » [Mini Adaptive Chair Yoga Class for People in Wheelchairs](#)  (run time 8:27 min)
 - » [Chair Yoga Dance Recital—10 Dances](#)  (run time 58:20 min)
- Mary Ann Wilson
 - » [Sit and Be Fit TV Show](#)  (run time 5 min or more)
 - » [DVT, Deep Vein Thrombosis](#)  (exercises start at 1:11 minutes total run time 5:01 min)

Group Energizer Activities

Below are sample resources and videos of group activities to promote social interaction and physical activity.

- [Energizer: Crazy 8s](#)  (run time 1:15 min)
- [Energizer: DOWN](#)  (run time 1:43 min)
- [Energizer: Hello My Name Is](#)  (run time 3:25 min)
- [Group Energizer, Warm-Up, Fun Game—Jump In Jump Out](#)  (run time 3:39 min)
- [Group Energizer Activities—Dysart High School](#)
- [Ideas for Fun Physical Activity at Meetings](#)
- National Association of Chronic Disease Directors
 - » [5 Card Draw Energizer](#)

Small Group Walking Discussions

During workshops and meetings integrate walking breaks into sessions by having people group in twos or threes to walk around the room (or even outdoors!) for small group discussions. When organizing workshops and conferences, employers may encourage participants to dress “fitness casual” for movement during the day. They may also give permission to attendees at the beginning of the meeting to stand, stretch or “pace” the room.

Stretching

Stretching can be used for part or all of a physical activity break, based on participant needs and preferences. While important, stretching is not considered moderate and/or vigorous physical activity and would not count towards the Physical Activity Guidelines for Americans recommendations.

- [Relaxing Stretching Workout for Stiff Muscles & Stress Relief—Easy Stretches to Do at Work](#) (run time 6:03 min)
- [WorkSmart Stretching Plan](#)—UnityPoint Health—St. Luke’s Industrial Athlete Program



MEDIUM-LEVEL ACTIVITIES



Music Activity Videos

Participants can follow the movements shown on the website videos.

- Bachata
 - » [Line Dance](#) (run time 4:13 min)
 - » [Basic](#) (run time 3:05 min)
- Cha Cha Slide
 - » <https://www.youtube.com/watch?v=wZv62ShoStY> (run time 4:14 min)
 - » <https://www.youtube.com/watch?v=gtA3TwjHLL4> (run time 4:14 min)
 - » <https://www.youtube.com/watch?v=o6rqLQqoQAc> (run time 5:09 min)
- [Chicken Dance](#) (run time 2:46 min)
- [Dance Energizer On the floor 5](#) (run time 3:37 min)
- [Dance Exercise](#) (run time 3:39 min)
- [Dans Le Tango](#) (run time 5:29 min)
- [Geometry Dance](#) (run time 1:52)
- ["Happy" Energizer](#) (run time 4:36 min)
- [Hokey Pokey](#) (run time 2:25 min)
- [International La Macarena](#) (run time 1:45)
- [Koo Koo Kanga Roo—Dinosaur Stomp: Dance-A-Long Video](#) (run time 3:37 min)
- [Koo Koo Kanga Roo—Wiggle It: House Party Dance-A-Long Workout](#) (run time 1:35 min)
- [La Cumparsita Tango](#) (run time 4:12 min)
- [Let Your Yoga Dance](#) (run time 2:55 min)
- [Maroon 5 Moves Like Jagger Dance Video Energizer by Tim Duffy](#) (run time 4:10 min)
- [PowWow Sweat](#) (multiple)
- [Wavin' Flag Energizer](#) (run time 3:51 min)

Office Workouts

Website exercise videos and resources demonstrate physical activities that can be done in an office environment as well as meeting spaces.

- [*Deskercise! 20 Ways to Get Moving While you Work*](#)
- [*Instant Recess® Physical Activity Breaks*](#)—5–10 minutes long
 - » [*University of California—Berkeley*](#)  (run time 5:44 min)
 - » [*Kaiser Permanente*](#)  (run time 4:54 min)
- Office Workouts—10 minutes long
 - » Get Fit SoCal
 - › [*Standing activities*](#)  (run time 9:32 min)
 - › [*Stretch band activities*](#)  (run time 10:16 min)
 - » [*Kaiser Permanente—Exercise band activities*](#)  (run time 10:37 min)
 - » [*University of Virginia Health System—Standing and sitting activities*](#)  (run time 11:54 min)
- Go4Life Exercises
 - » [*Go4Life®—Age Safe America*](#) 
 - » [*National Institute On Aging—YouTube*](#) 
- National Center on Health, Physical Activity, and Disability
 - » [*Exercise Videos for all abilities*](#)  (playlist run times vary)
 - » [*14 Weeks to a Healthier You Program*](#) 
- [*20 Essential Desk Exercises You Can Do Without Leaving Your Office or Home Workspace*](#)



MORE COMPLEX ACTIVITIES



Move to Music

Create your own movements to a song and demonstrate the activities for participants. Use simple movements and vary them every 10–30 seconds. Call out the movements as the song progresses. You can also list the movements on a slide for reference. Many songs and music videos can be found on [youtube.com](https://www.youtube.com), or at royalty-free music websites.

Pantomimes

Pantomimes are a specific type of entertainment where people make elaborate gestures without words to express themselves. The point of a pantomime break is to encourage physical movement during a creative/imaginative activity. Select topics that keep everyone moving as participants rather than as observers. Below are sample topics. See the appendix for sample pantomime scripts.

- Favorite activities and sports—Ask audience to call out activities and have everyone act them out.
- Active Spelling—Have participants spell out responses to questions using an imaginary pencil held by various body parts (hands, toes, under the arm, knees, mouth, and navel) to draw **very large** letters.
- Story Time—Have participants act out a 2–5 minute story that you recite. You can participate in the actions but encourage people to be creative and do different actions if they like.
- Some **drama class resources** can be adapted to a meeting break setting.

Appendix—Sample Energizer and Pantomime Scripts

Energizer—Bobsled

Instructions: Line up the teams with anywhere from 3 to 10 in a group. Instruct the group to remember who is in front of them and who is behind them and your starting position. Have all members of a team face the same direction. Review the six types of actions the team will do before starting the activity. Once everyone is prepped the leader calls out the activities in a random fashion.

“Switch!” You switch the driver, which means the person in the back goes to the front.

“Reverse!” You reverse directions. Meaning all turn and face the other way.

“Swap!” means the 2nd and 4th person swap spots.

“Change!” Means you change the anchor. The person in the front goes to the back.

“Start!” Means everyone goes back to where they started.

“Fast!” Everyone does a squat, because we are going faster.

Pantomime—Food Related Stretch Break

Instructions: Act out the following food related activities.

Pretend you are...

- An alfalfa seed sprouting on wet paper
- A banana peeling itself
- Celery in the wind
- Popcorn in action
- A piece of bread being made into a peanut butter sandwich
- Watermelon plants vining
- Ants marching down the lettuce row
- Corn stalks in the wind
- Squirrels burying an acorn (can also be a squirrel using technology—e.g. shoveling)
- Carrots being harvested
- Sunflowers beaming to each other

Pantomime—A Day in the Life of Billy

Instructions: Everyone is granted license to be creative acting out this story. Be expressive and show big movements (shown in *highlighted text*). The point is to get some activity and have fun!

(Modify the names and activities in the story to fit the cultural background of the audience.)

1. Billy is an energetic 9 year old, and he wants to share his exciting day with you. On Friday, Billy awoke to a beautiful sunny morning. He *stepped out* of bed and took a great big *stretch*. He got ready for school and enjoyed some yogurt and fruit for breakfast. Now, it's time to go to school. Billy and his mom *walked* to school and enjoyed the beautiful weather. Billy arrived at school on time and ready to learn. He said, "Good Morning" to Mrs. Apple and took a *seat* (*participants: squat*). But boy was Billy busy that first period. He *stood-up* to read the favorite line from his book, *sat down* (*participants: squat*) to learn, *stood-up* to answer a math problem on the chalk board, and *sat down* (*participants: squat*) to do some drawing.
2. Class went on for a loooooooong time (*participants: stay squatting until the next action verb*). Finally, it was time for lunch. Billy *jumped* out of his seat and headed to the cafeteria. He saw many of his friends and gave *high 5's* to *Mark, Matt, Dan, Justin* (*participants: give high 5's to each of the friends*). And, here comes the principal...Billy reached up for a tall *high 5*. He was so excited, because it was recess time...thank goodness his school has recess before lunch.
3. He found his friends and a soccer ball. They had a great time *kicking* it, *dribbling* it, and practicing *goal kicks*. That was fun, and he was hungry...ready to eat. After a healthy lunch, Billy was ready to learn again. In the afternoon, he went to Physical Education. Billy loved PE, because he plays for most of the time. Friday was basketball and Billy got to practice his free throws. He was taught to *bend his knees* and *jump to throw the ball* in the basket. He practiced many times so he could perfect his game. (*participants: practice free throws at least 5 times*).
4. After PE, Billy finished his school day and *walked* home. Billy's dad had a special treat for him and took him to the local swimming pool. Billy was excited. He *swam* and *swam*...did the *freestyle* and the *backstroke*. What a wonderful, active day for Billy. After a family dinner, Billy was ready for bed. He *stretched* up high and then *down low*...*stretched his arms* and *stretched his legs*. Billy tucked himself into bed and dreamed about all the fun he will have playing this weekend.

Pantomime—A Busy Country Morning

Instructions: Everyone is granted license to be creative acting out this poem. Be expressive and show big movements (shown in *highlighted text*). The point is to get some activity and have fun!

(Reader: Pause between lines.)

1. You wake up in the morning and sit up in your bed. (*slouch, then sit up straight*)
2. You rub your eyes and turn your head. (*rub eyes, turn head side to side*)
3. You stretch your arms with all your might, (*long stretch and roll shoulders*)
4. And enter the bathroom to turn on the light. (*stand up and walk, turn on light*)
5. You scrub your face... and comb your hair (*wash face, comb hair*)
6. And walk to go down the stairs (*walk down stairs*)
7. You stroll into the kitchen for a breakfast treat, (*walk*) [comment "it's a long hallway"]
8. And discover there is nothing to eat. (*shrug shoulders repeatedly while looking around*)
9. So you go out the back door to gather in the wheat. (*open door, walk in place and bend from side to side to gather wheat*)
10. You grind it and knead it for your bread so sweet. (*move arms to grind and knead*)
11. You run back outdoors to chase the chickens all flustered (*run in place, flap arms like a chicken*)
12. For that elusive egg you stir in the custard. (*stir arms for mixing custard*)
13. You go call Bessie out on the hill, (*extend cupped hands from mouth*)
14. "Come back! Come back! And do be still." (*wave arms*)
15. But she doesn't come, that sassy creature! (*stop, hands on waist, look exasperated*)
16. You must pursue her...for milk in your pitcher. (*run in place, then show milking action*)
17. After running to catch her the morning is half over. (*wipe hand across forehead "whew!"*)
18. You climb down the hill and settle in the clover. (*walk down the hill & sit down*)

Pantomime—I Want a Park in My Neighborhood

Instructions: Everyone is granted license to be creative acting out the story. Be expressive and show big movements (shown in *highlighted text*). The point is to get some activity and have fun!

Our story starts out with the main character unhappy that there is no park in the neighborhood. We'll see how a community can gather support and build a park and sidewalks so that all the children in the neighborhood can have a place to play.

1. Please *stand or roll back* as you are able. We'll start by *crossing our arms and showing a grumpy face*.
2. I'm upset that my neighborhood doesn't have a park! I want to *walk* to a big *park (outline a large square with arms)* where I can *run, play (raise arms and hop), kick* a soccer ball, and *swim*. Look over there! *(point)* I see a vacant lot. Maybe it could become a *park*. Let's *walk* and see what's there. Oh, it has lots of *weeds (push arms up and down in front of face)* and watch out for all the *rocks (step side to side)*.
3. I need help from my neighbors to build this *park*. My parents and I *walk* to lots of neighbors' homes, *knock* on their doors, and say "Hi *(wave)*! Our neighborhood needs a *park*, where children can *run, play, kick* balls, and *swim*. Can you help us ask our town to build a *park* with *sidewalks (move arms side-to-side)* so we can *walk* there?" Lots of neighbors say yes, so we all *walk* to the parks department and the city planners to ask for their help. We say, "Hi *(wave)*! Our neighborhood needs a *park*, where children can *run, play, kick* balls, and *swim*. We found a vacant lot that has lots of *weeds*, and *rocks*. Can our town clean up this lot and build a *park* with *sidewalks* so we can *walk* there?" They approve our project, yay! *(raise arms in air joyously)*
4. Now it's time to build the park. We *put on our work clothes and boots* and *walk* to the project. We *pull up* weeds and *dig out* rocks. Then we *plant* trees around the park. We *walk* to the other side of the park and *dig out* the pool. Next we build the sidewalk frames and *lay down* the metal reinforcement bars. Then we *direct* the cement truck to *pour* the concrete for the pool and along the sidewalk *(move arms side-to-side)*. We use paddles to smooth *(move arms back and forth)* the concrete surface. Finally, we blow on the concrete to dry it fast *(blow three big breaths)*. Wow, everything is done! We're proud of our work! Now we can *walk* on the sidewalk to the *park* and have fun *running, playing, kicking* balls, and *swimming*.
5. Let's thank our neighbors for helping to build this park and give each other a *pat on the back and some high 5's*.

Pantomime—Let's Make Sweet Rolls

Instructions: Everyone is granted license to be creative acting out the story. Be expressive and show big movements (shown in *highlighted text*). The point is to get some activity and have fun!

Pretend you are 8 inches tall in a regular sized kitchen and are going to bake some sweet rolls.

1. Set out the bowl. (*use big arms to hold*)
2. Pour warm water into bowl. (*turn faucet on, test water with elbow, turn faucet off*)
3. Sprinkle yeast over the water. (*stretch arms up and sprinkle with hands*)
4. Measure sugar (*big spooning action*), add it to the bowl (*push up*), and stir to dissolve. (*pick up spoon and stir with wide circles*)
5. Pour in milk. (*Grab pitcher of milk with arms overhead and lean over*)
6. Add 2 eggs, shortening, and salt. (*use basketball type tossing motion for each item*)
7. Measure the flour (*walk over to flour and make big scoop*)—then dump it in. (*walk back with flour in measuring cup and dump into bowl*)
8. Stir the flour until it becomes doughy. (*wide stirring circles that slow down*)
9. Flour the bread board and knead the dough. (*long and vigorous kneading action*)
10. Cover the dough and let it rise. In the meantime *sweep* the floor to clean up your mess.
11. Punch down the dough. Remember, you're only 8 inches tall so put everything you've got into this! (*Jump up and down*)
12. Cut (*big chopping motion*) and shape the dough into rolls. (*rolling motion*)
13. Place the rolls in the pan and cover to let them rise. *Wash up*, you made a mess of yourself!
14. It's time to bake the rolls and you can cool yourself down from all this work. (*fan self*)
15. Once the rolls are baked, drizzle them with frosting (*wiggle whole body with arms overhead!*)
16. Now, enjoy your labor and sit down for a treat!

Pantomime—Life of a Celery Seed

Instructions: Everyone is granted license to be creative acting out the story. Be expressive and show big movements (shown in *highlighted text*). The point is to get some activity and have fun! We will act out the life of a celery seed.

1. You start as a little seed planted in the ground. (*sit or crouch with hands over eyes*)
2. Next you sprout from ground. (*stand and unfold hands and stretch out arms and twist side to side to look around*)
3. Now you grow taller and taller. (*point hands over head and stretch*)
4. The wind feels so good. (*gentle sway with breeze and sunshine*)
5. Oh, oh. There's no rain and you start to go limp. (*stretch overhead arms to the left and right*)
6. Rain comes to water the plants. (*stand up tall*)
7. The rain turns into a storm. (*reach arms sideways left and right to stretch waist*)
8. Now a tornado comes through! (*gently twist torso*)
9. After the storm passes, the gardener *picks the celery* and you *walk* to the house. *Wave good-bye* to the radishes and carrots, and go up the steps into the kitchen.
10. It's time to wash up in the sink. (*step in the sink and move arms around for washing, shake off excess water*)
11. The cook chops up the vegetables before cooking (*several quick hand chops on body*), dumps everything in the soup pot (*dive in with hands*) and stirs it up. (*move hips in Hula-Hoop circles and/or arm swimming motions*)
12. Wow! You get to meet other vegetables in the pot. (*turn to neighbors and shake hands or dance together*)
13. The soup starts to boil (*raise hands and jiggle them*) and cooks until you are tender. (*be flexible & wiggly*)
14. Finally it's time to dish the soup (*scoop arms to dish soup into bowl*) and we all sit down for a delicious dinner. (*calmly sit down*)

Pantomime—The Healthy Worksite

Instructions: Choose a partner for this activity as you will need a partner for parts of the pantomime.

Everyone is granted license to be creative acting out the story. Be expressive and show big movements (shown in **highlighted text**). The point is to get some activity and have fun! Pretend you are a new health educator starting a worksite health promotion program. The next few minutes will describe your activities over the first six months on the job.

1. Please stand or roll back as you are able.
2. First day on the job you enter the building. (**open door**) You bring all of your health text books and resources with you (**open arms wide**).
3. You go down the hallways trying to find your office. (**walk with wide arms**) Go to the very end of the hallway, turn and go until you dead end at your cubicle. **Put down** the books.
4. Your first meeting is with the Human Resource department director who hired you. **Walk** to the director's office. **Knock** on door and **shake hands**. **Sit down** to talk.
5. After your meeting you begin to organize a worksite wellness committee. Find partners to help you in this project by walking to their offices and sitting down to talk. (**stand, walk to partner's office, knock on door, shake hands, sit down (squat) to talk**) (Repeat two more times.)
6. Next the committee completes the employee interest survey. Pass out the surveys to lots of people. (**hand out surveys**)
7. The policy and environmental survey comes next and part of it requires investigation. Find the stairs and **walk up** a floor. **Cover your eyes**. Why? You're in a darkened staircase! Mark item 12 on the survey **NO**. (**make big check mark**) Next, you go along the second floor and start to cough and **fan yourself**. Why? Smoking is allowed in this building! Mark item 21b **YES**. (**make big check mark**)
8. Now you meet with the committee to write your action plan. (**write a big plan with expressive arm movements**)
9. Afterwards, you face the chain of command to start your plan.
 - » First, present the plan to the CEO.
 - » **Wave** to greet.
10. You explain that part of the plan is to increase number of employees using the stairs (**point high**) by decreasing the safety barriers (**point low**) and increasing stairwell prompts (**point high**). This will result in decreased healthcare costs (**point low**) and more employees being healthy (**point high**).
 - » **Bow** to thank the CEO and depart.
11. Next you meet with the facilities department to explain the plan and ask them to increase the stairwell lighting.
 - » **Wave** to greet and **shake hands**.
12. Explain the program. (**Use other arm to point high and low several times**)
 - » **Bow** to thank and depart.
13. Then you meet with the graphics department to ask their help to promote the program.
 - » **Wave** to greet and **shake hands**.
 - » Explain the posters. (**use arms to outline large posters**)
 - » **Bow** to thank and depart.

14. Your wellness committee will continue to collaborate for each action item, but let's start the first project by *walking* to the stairwell and installing more lights. (*Stretch high to screw in light bulbs*)
15. Then you promote the stairs by mounting posters. (*put posters up*)
16. Your committee members are very enthusiastic and design a cheer to use at all the health events.
 - » Make letters with your body. Give me an *H, E, A, L, T, H, Y.*
 - » What does that spell? HEALTHY!



Appendix—Sample Movements for Physical Activity Breaks

Below are sample movements for physical activity breaks to use during meeting announcements, slide presentations or activity breaks with music. When using movements in announcements and slide presentations try alternating between foot and arm movements. For a break during a long presentation, post a movement below in the corner of some slides for people to do while you are talking. Do movements at a pace that is comfortable for people. Demonstrate the activities yourself or by an assistant, switching activities every 15–30 seconds. If you combine movements with music, choose up to four foot movements and briefly demonstrate them. When the music starts, begin with one foot movement. Then add an arm movement once people are comfortable with the foot movement. Every 15–30 seconds switch to a different foot movement and arm movement. Note that the numbered foot and arm movements can pair together, for example: 5) Step side-to-side with 5) Wave arms.

Sample Introduction: It’s time for a physical activity break you can do either standing or sitting. Do those movements that are comfortable for your body and adapt any that don’t work for you.

Sample Foot Movements: (with verbal instructions)	Sample Arm Movements: (with verbal instructions)
1. Walk in place (Walk in place)	1. Swim freestyle (Alternately reach each arm forward and circle it back)
2. Calf raises (Stand on your toes and raise your heels up and down)	2. Swim backstroke (Alternately circle each arm backward)
3. Point toes side-to-side (Point your toes from side-to-side)	3. Push arms side-to-side (Push both arms to one side and then the other)
4. Double step forward and back (Step both feet forward and then step back)	4. Push arms forward and back (Push both arms forward, then pull elbows back)
5. Step side-to-side (Step both feet side-to-side)	5. Wave arms (Raise your arms and wave them side to side)
6. Lift alternate knees (Alternately lift your left and right knees up and down)	6. Lift arms up and down (Lift both arms up and down like you are pressing a weight)
7. Kick forward (Alternately kick each foot forward)	7. Push alternate arms (Push one arm forward and then the other)
8. Kick heels back (Alternately kick your heels back by bending at your knees)	8. Bicep curls (Pretend to hold weights and do bicep curls)
9. Roll toe to heel (Roll up on your toes then back on your heels raising your toes)	9. Roll shoulders forward and back (Gently roll your shoulders forward and back)
10. Walk with energy (Pump your arms while you walk)	10. Arms forward & back, up & down (Push your arms forward and back, then up and down)
11. Chair squats (Squat down part way like you are going to sit in a chair and then stand up)	11. Fly (Flap your arms like you are flying)
12. Leg raises (While seated, lift one leg with the knee straight and hold it up, then switch legs)	12. Rope climb (Alternately reach one arm up to grab a rope and pull down; then do the other arm)
13. Balance on a foot (While standing, hold your arms out to the side and balance on one foot, then switch to the other foot)	13. Forearms forward and back (Raise bent arms to the side and press both forearms together in front and then back out to the side)
14. Salsa dance (Left foot forward, right foot tap, left foot back, pause, right foot back, left foot tap, right foot forward, pause)	14. Stir the pot (Stir a pot with big circles)

