

GET HEALTHY PHILLY

MOVEMENT BREAK TOOLKIT



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WHAT ARE MOVEMENT BREAKS?

Movement Breaks are voluntary and brief opportunities to inject valuable minutes of activity into otherwise sedentary gatherings. With only 1 in 5 Americans getting enough physical activity and 80% of Americans having sedentary jobs, movement is key for all.

Any meeting or event where participants are seated for 1- hour or more should include a movement break. They can be programmed mini-fitness classes, a fun game or activity, or informal opportunities for standing and moving around (e.g. networking or bathroom breaks).

HEALTH BENEFITS OF MOVEMENT

- Strengthens muscles
- Improves lung health
- Improves heart health
- Improves bone density
- Improves range of motion
- Increases energy
- Increases metabolism
- Decreases stress
- Control mood
- Improves sleep
- Controls weight
- Lowers blood sugar
- Lowers blood pressure
- Increases HDL
- Increases creativity



MOVEMENT BREAK IN OFFICE SETTINGS

1. At your desk

Stand up! Push your chair in and stretch your body! These stretches will loosen up your tense muscles and make you feel more relaxed and rejuvenated.

2. Taking the stairs

Instead of using the elevator or escalator, try utilizing the stairs in your office. Walking up stairs can increase your heart rate, help to burn extra calories and strengthens your muscles.

3. Walking during lunchtime

Try bringing a pair of your comfortable walking shoes to work, grab a friend and if the weather allows, take a walk around the block.

4. Walking Meetings.

If you are holding a meeting, try booking a walking meeting. Walking increases creativity levels and allows people to feel more comfortable expressing themselves more than being in a office.

MOVEMENT IN THE COMMUNITY/PLACE OF WORSHIP

1. In a worship setting, incorporate opportunities for people to stand up and get moving through stretching exercises, cardio exercises and much more.

2. Start up a group that encourages physical activity such as a walking group or even a week day group fitness class at a local community center.



TIPS FOR FACILITATING A MOVEMENT BREAK

Be excited but not too excited. Excitement can draw people in but too much excitement can push people away. Balance your energy so that people feel encouraged to participate.

Be open minded! Not everyone in the room may be able to jump or squat, so be open to change and modify exercises. Also be accessible for those of various ages and ability levels.

Give people the opportunity to listen to their bodies! Don't force people to push past their limits if they need to take a break.

Know your setting! Always consider the size of the room. Be mindful that smaller spaces do not allow for high levels of movement. Also, take into consideration what people are wearing because certain types of clothing items can decrease a persons ability level.

Have Fun! Movement is not meant to be boring.



MOVEMENT BREAK MOVEMENT SONGS

1 The Banana Song!

Bananaaaaaas Unite
Pick bananas, pick pick bananas (x2)
Peel bananas, peel peel bananas (x2)
Chop bananas, chop chop bananas (x2)
Mash bananas, mash mash bananas (x2)
Eat bananas, eat eat bananas (x2)
Go bananas, go go bananas (x2)
Banana SPLIT

2 Head and Shoulders by Ella Jenkins

Head and shoulder baby, 1, 2, 3 (2x)
Head and shoulder. (3x)
Baby, 1, 2, 3. (Repeat)
Knees and ankles baby, 1, 2, 3 (2x)
Knees and ankles. (3x)
Baby, 1, 2, 3. (Repeat)
Ankles and toes baby, 1, 2, 3 (2x)
Ankles and toes. (3x)
Baby, 1, 2, 3. (Repeat)



MOVEMENT BREAK PLAYLIST

A few songs that you can incorporate into your
Movement Break

1

Está Rico by Marc Anthony, Will Smith, and Bad Bunny

2

Biking (Instrumental version) by Frank Ocean, Jay Z, and Tyler, The Creator

3

Cha Cha Slide (Original Live Platinum Band Mix) by Mr C The Slide Man

4

Let's Groove by Earth, Wind and Fire

The first step to creating an effective Movement Break is having fun and energetic music that will grab the audience's attention.

MOVEMENT BREAK GAMES

1. "Great Winds Blow"

The game is simple to play; one person in the middle starts by saying "Great wind blows for everyone who..." and then says any characteristic that is true for that person. For example, if the person has two siblings, he or she will say "The Great Wind Blows if you have two siblings". All players who have two siblings must stand and quickly find a new seat that is more than 2 seats away from them. If the player, is not able to find a vacant seat, then he or she is the new person in the middle.



2. "This or That"- a game that is played in a larger setting and requires that people walk (roll) around.

Split your audience into two groups. Group 1 will be on one side of the room and Group 2 will be on the other side of the room. Have a list of "this or that" questions. For example, waffles or pancakes, cake or cupcake, summer or winter". Assign each category to a specific side of the room, and have each person walk (roll) to the side of the room they identify with.



WORKPLACE STRETCHES



ADDITIONAL RESOURCES

Explore these resources to add move movement in your work day!

A workout at work:

<https://www.washingtonpost.com/graphics/health/workout-at-work/>

Philly Powered Movement Break:

<http://phillypowered.org/mover/philly-movement-break/>

Halloween themed Movement Break:

<file:///H:/Halloween%20Movement%20Break.pdf>

5 minutes of Fitness at work:

<https://www.youtube.com/watch?v=jMtJeOVEq08&t=3s>

Ella Jenkins "Head and Shoulders" Movement song:

<https://www.youtube.com/watch?v=0w5r5-PrbCY>

Walking at Work seminar:

<https://vimeo.com/192026994>

