

Did you know that 10 minutes of physical activity can lead to a healthier family? Like healthy eating choices, 10-minute activity breaks throughout your day can be the key to a fit family.

Physical activity helps a growing child...

- Keep a healthy weight.
- Build strong bones and muscles.
- Reduce the risk of diabetes.
- Improve blood pressure and cholesterol.
- Boost self-confidence.
- Relieve stress.
- Have fun!

Exercise may even help your child get better grades.

- Exercise can help kids stay alert and more focused.
- Studies show that kids who exercise do better in school.



10-minute breaks are easy to fit in.

- You don't have to make big changes to your family's day. Just take 10-minute activity breaks here and there during the day.
- As exercise becomes a habit, add more time. Work up to 60 minutes of activity each day.

Start them young...and keep it going!

- Teach your preschool child to hop, catch a ball, and balance on one foot.
- School-age kids may enjoy family hikes or bike rides. Visit a park, pool or skating rink.



Add physical activity to your day.

- Walk or bike to school or the store.
- Skip the elevator – take the stairs.
- Have a sit-up or push-up contest.

Limit screen time.

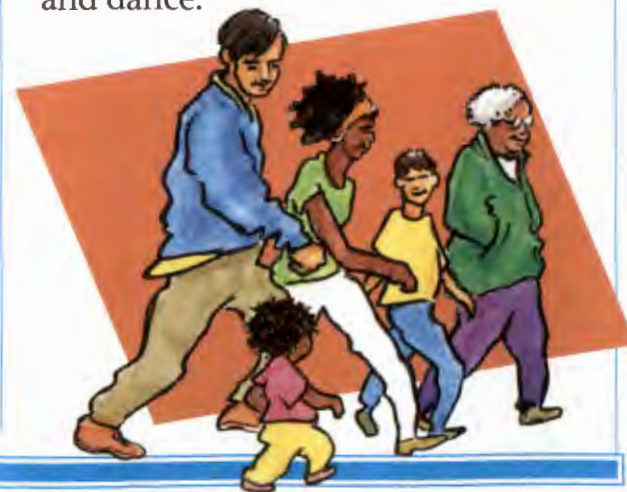
- Kids love their electronics! But after an hour or so, get kids up and moving!
- Aim for no more than 2 hours of TV or computer time a day.

Support activity at school.

- Encourage your child to be active during recess breaks and PE.
- Have kids take part in school sports programs.
- No recess or PE? Sign up for free or low-cost community classes.

Make activity, not food, the center of family events.

- Get together at a park or pool.
- Plan an active family game.
- Stuck inside? Push back the furniture and dance.



Be a positive role model.

- Parents who exercise are more likely to have active children.
- Enjoy your 10-minute breaks and the kids will want to join you!

Here are easy things you can do in just 10 minutes.

- Shoot hoops.
- Kick a ball.
- Play catch.
- Play tag or hopscotch.
- Try an Instant Recess® dance video.
- Jog around the block.
- Walk the dog.
- Jump rope.
- Just play.



Make fitness a part of your family's routine. Look inside for tips to get moving, 10 minutes at a time.

This Instant Recess® pamphlet was developed in partnership with the late Toni Yancey, MD, MPH. Dr. Yancey was a highly esteemed professor at the UCLA School of Public Health, a physician, and on the Board of Directors of the Partnership for a Healthier America. Her award winning Instant Recess® approach helps organizations and individuals structure fitness breaks into daily life.

This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.


Written by Tara Leonard.

Designed by Eva Bernstein. Illustrated by Meg Biddle.

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JOURNEYWORKS PUBLISHING
P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

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Building a Fit Family 10 Minutes at a Time



GET ACTIVE YOUR WAY