

Policy Background

Less than 5% of Americans meet their daily minimum activity recommendation. Prolonged sitting or inactivity increases the risk of premature death by 40% and doubles the risk of cardiovascular disease, even in lean people who exercise regularly. Overweight and obesity, and associated problems such as heart disease and diabetes, are increasing in our area among both children and adults. The Centers for Disease Control and Prevention’s *Physical Activity Guidelines for Americans* state that children and teens should do 60 minutes or more physical activity a day. Adults need 150 minutes of at least moderate-intensity aerobic activity (i.e., brisk walking).

Physical activity is anything that gets your body moving and should be a combination of activity that gets your heart rate up and works your muscles at least a couple times a week. 60 to 150 minutes may sound like a lot of time – but it’s not anything more than watching a show or a movie! The good news is that you can spread your activity out during the week, so you don’t have to do it all at once. You can even break it up into smaller chunks of time during the day. It’s about what works best for you, as long as you’re doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time. Instant Recess Breaks are intentional small breaks with opportunity for physical activity that any organization can do to help participants get more physical activity.

Policy Statement

Our Organization commits to the following guideline for increasing physical activity among the people served by our organization:

- **For every hour of sedentary meeting or program activity, we will provide a 5-10 minute physical activity break or “instant recess.”**
- **This will help support physical and emotional health, as well as supporting our participants in meeting the national guidelines for daily physical activity.**

Organization Name: _____

Address: _____

Official(s)
Name/Title: _____

Signature(s): _____ Effective Date: _____

Please fax or email copy of signed statement to: 757-668-6425 or CINCH@evms.edu

Resources: CDC Physical Activity Guidelines: <http://www.cdc.gov/physicalactivity/basics/>;
Instant Recess: <http://www.instantrecess.com/>

For more information please contact us at cinch@evms.edu or visit www.cinchcoalition.org. CINCH is program of EVMS Pediatrics, to engage the community to improve children's health.