

A. Toni YANCEY MD MPH



"Dr. Yancey writes on a topic about which she is both passionate and knowledgeable. Instant Recess is a very clear, readable and enjoyable book... doable in just about any setting, it could get America moving again."

*- David Satcher, MD, PhD,
16th US Surgeon General*

"Your book is a terrific tool as we work together to promote healthy and active lifestyles."

- Bill Clinton, 42nd President of the US

"Clearly, a new approach is needed. And Dr. Yancey is offering one that has already shown great promise to counteract what she calls *sedentary behavior disorder*... She calls it 'Instant Recess'."

- Jane Brody, New York Times

"Part personal memoir, part public health manifesto and part poetry, this book shines with Yancey's warmth and enthusiasm."

- Marion Nestle, PhD, Food Politics

"Dr. Yancey provides the tools to get America moving, in a very accessible style with the scientific research to back it up."

- Senator Tom Harkin (D-IA), Chairman, Senate HELP Committee

**What's good for the waistline
is good for the bottom line!**

Take Dr. Yancey's *Instant Recess* to your next meeting.

TEN WAYS TO GET YOUR ORGANIZATION MOVING

- 1 Take a 10-minute activity break at a scheduled time every day (e.g., smack in the middle of the cubicles) and whenever people gather together for an hour or more, in the form of a structured group *Instant Recess* session or a brisk stroll around the grounds.
- 2 Host walking meetings and schedule sit-down meetings in locations a short walk away from attendees' workspace.
- 3 Purchase a parking permit in a distant lot. If you're in charge, restrict nearby parking to the disabled and provide incentives for distant parking.
- 4 Park farther away from your destinations as you work, shop, play, study, and worship. If you're in charge, establish "auto-free zones" around entrances, necessitating remote drop-off.
- 5 Make standing ovations, vs. sitting and clapping, the standard show of appreciation for speakers.
- 6 Post signs encouraging stair use and take the lead when travelling in groups. If you're in charge, improve stairwell appeal and accessibility, and discourage elevator use by slowing them or skipping floors.
- 7 Link networked computers to printers a short walk away from your work or study space.
- 8 Replace desk and conference chairs with stability balls (including stands to protect novices).
- 9 Volunteer to organize and coordinate daily activity breaks. If you're in charge, include such wellness duties in the job descriptions of execs, senior managers and line or administrative staff.
- 10 Fidget frequently in meetings, e.g., stand up and stretch at intervals or do "airline" exercises in your chair and compliment others who do so. If you're in charge, signal your disdain for long periods of sitting "chained to the desk" and your support for moving around.

**"Instant Recess can work equally well in
the corporate boardroom, school classroom,
or for fans at a sporting event."**

- Dave Winfield, Baseball Hall of Famer and ESPN commentator