



Brenner FIT BREAKS

Goal: 1 hour of activity every day

It all adds up! Take a *FIT* Break of physical activity 5-10 minutes at a time throughout the day to meet the 1 hour goal

What is a FIT BREAK?

- ❖ A short burst of activity, lasting 5-10 minutes throughout the day.
- ❖ These are just as good as regular exercise- just shorter, so you can fit them into your day
- ❖ Frequent periods of physical activity keep your metabolic rate elevated throughout the day which promotes weight loss

Suggestions:

- Stretch for 10 minutes in the morning or before bed
- Sprint the stairs for 10 minutes after school
- 30 Minute Rule
 - after 30 minutes of sitting, computer or written work take a 3-5 minute break
- Dance, Dance, Dance!
 - Instead of starting homework immediately after school, turn on some music and dance for 10-15 minutes.
 - Music break (dance to one song to break up sedentary time)
 - Raise the Roof (overhead press)
 - Do the Swim!
 - Tippy toes (calf raises)
 - Do the Twist!
 - Move to the Mambo
- Walk home after school instead of taking the bus.
- Groove as you watch the tube
 - MOVE during TV commercials

- 1 hour of TV has about 20 minutes of commercials, so if you do something physically active during every commercial break during an hour of TV, you've gotten 20 minutes.
 - Push-ups or sit-ups
 - Music break
 - Hot seat (chair squats)
 - Jumping Jacks

Plan: Schedule 30 minutes of physical activity every day
Then, plan fun ideas for your FIT breaks.

Active Play for young children:



- ❖ Hide and go seek
 - ❖ Tag, freeze tag, chase
 - ❖ Hop-scotch
 - ❖ Skip, hop (imitate favorite animals)
 - ❖ Jumping Jacks
 - ❖ Throwing a ball
- ❖ Ride a tricycle, bike, or scooter
- ❖ Touch football
- ❖ Bowling (create your own "pins" at home)
- ❖ Kick soccer ball in the yard
- ❖ Play baseball (only 2 people needed!) Swing a plastic bat and soft, light ball
- ❖ Nerf basketball



Pre-school years (children less than 6 years)

- ❖ General movement activities
 - Jumping, throwing, running, climbing
- ❖ Increase opportunities for unstructured physical activity—free play
 - Create an environment inside and outside the home that promotes active play
 - Physical Activity Center Imagination Station (Trim Kids)
 - ❖ Plastic tub filled with dress-up clothes
 - ❖ Microphone, drums, toy musical instruments
 - ❖ Puppets, marionettes, magician kits, various stuffed animals
 - ❖ Batons, small flags, pom poms, streamers, hula hoops
 - ❖ Foam mats and wedges, indoor tents
 - ❖ Hop scotch mat
 - ❖ Action games



- Twister
- Charades
- Hullabaloo
- Dance Dance Revolution

- ❖ Paddle balls, indoor ball toss games, hacky sack
- ❖ Kid-safe dart boards or other target games
- ❖ Indoor basketball hoop and soft foam balls
- ❖ Jump ropes, skip-it, small kid-safe hand weights, exercise stretch bands

Young School-Age Children (6-9 years)

- ❖ Tag
- ❖ Hula-hoop
- ❖ Jump rope
- ❖ Pogo stick
- ❖ Bob balls



- ❖ Action Games
 - Twister
 - Charades
 - Guitar Hero
 - Dance Dance Revolution
- ❖ Recreational sports
- ❖ Roller Blading, Skate
- ❖ Swim
- ❖ Shoot hoops
- ❖ Balloon volleyball
- ❖ Tumbling/gymnastics



School-Age Children (10-14 years)



- ❖ Organized sports
- ❖ Hiking
- ❖ Racket ball
 - ❖ Tennis
 - ❖ Martial Arts
 - ❖ Action Games
 - Twister
 - Charades
 - Guitar Hero
 - Dance Dance Revolution
- ❖ Roller Blading, Skating
- ❖ Swim
- ❖ Shoot hoops
- ❖ Jump rope



Adolescence (15-18 years)

- ❖ Increase structured health and fitness activities
- ❖ Strength and Flexibility—The Fast Five
 - Heat seats (legs)
 - Raise the Roof (shoulders)
 - Row your boat (back and arms)
 - Off the wall (Wall push up) (chest and arms)
 - Crunches (stomach)

