

MAY 2016

# GET ACTIVE IN AN INSTANT— WITH INSTANT RECESS®



**LM<sup>P</sup>** LABOR MANAGEMENT  
PARTNERSHIP



Want to shake it out and do something good for yourself and your team? We've got the ticket. This month, be a champion for fitness using Instant Recess®. Don't panic—Instant Recess® is quick and easy! Just lead your UBT in at least ONE activity break for five to 10 minutes during the workday. It can be done almost anywhere, by anyone, at any time. And you can make it happen.

## TIPS FOR INSTANT RECESS:



**Talk to your team:** Find a day and time, fill out and post the [“I'm at Instant Recess”](#) poster in a visible area to let everyone know where and when to join. You can even add to existing meetings or huddles.



**Share the fun:** Snap some pictures of your team. Get their OK and post your snapshots in the breakroom, or share them with us at [UBTHSChamps@lmpartnership.org](mailto:UBTHSChamps@lmpartnership.org). Encourage another teammate to lead the next Instant Recess® for your group!



**Get moving:** Start with simple stretches or movements: High knees, wall sits, walking in place or a fun and easy dance. More creative options include yoga, line dancing, boot camp or meditation. Get routines and videos here: [kp.org/instantrecess](http://kp.org/instantrecess).



Don't have the ability to join in a round of instant recess? **Try stretching!** A few minutes of stretching every day can help relieve stress, relax tense muscles and re-energize your day.