



# Module 18: Take a Movement Break

Participant Guide



# Session Focus



In this session, we will talk about:

- The link between sitting still and type 2 diabetes
- Some challenges of taking movement breaks and ways to overcome them

**You will also make a new action plan!**

**Tips:**

- ✓ Keep track of how much time you spend sitting still each day.
- ✓ Try to take a 2-minute movement break every 30 minutes.



# Sitting Still and Type 2 Diabetes



## Terry's Story

Terry is at risk for type 2 diabetes. Her doctor asks her to be active for at least 150 minutes a week at a moderate pace or more. Over time, she reaches that goal.

Terry's doctor then asks her to start tracking the time she spends sitting still. Here's what she finds.

In the morning, Terry sits while taking the train to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She eats her lunch at her desk while working or while sitting at a table in the staff room. After work, she takes the train home. Later that evening, she watches TV while sitting on the couch.



When Terry adds up all that time, she is surprised by what she learns. It turns out she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 150 minutes of activity a week, Terry spends an awful lot of time sitting still.

Terry decides to take action. At first, she felt overwhelmed with adding movement breaks into her day on top of getting her 150 minutes of activity in each week. So, she began taking small steps to include her 2-minute movement breaks. To start, Terry decided to stand up during her train rides. After this became routine, she then began getting in her movement breaks at work. She started with a 2-minute break every couple of hours and has now worked up to taking a break every hour. Terry is using an app on her phone to remind herself to take her 2-minute movement breaks. At work, she also walks around her office while she talks on the phone and uses an exercise ball at the computer. Terry feels better than ever and is working toward her goal of taking a 2-minute movement break every 30 minutes.

## Take a Movement Break

For ideas on taking movement breaks, refer to this CDC resource guide, “Physical Activity Breaks for the Workplace.”

[\[www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf\]](http://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf)

# How To Overcome Challenges

It can be challenging to take movement breaks. Here are some common challenges and ways to overcome them. Write your own ideas in the column that says “Other Ways To Overcome.” Check off each idea you try.

| Challenges                                    | Ways To Stay Motivated  | Other Ways To Stay Motivated  |
|---|---|---|
| <b>I don't have time for movement breaks.</b> | <p><b>Establish a routine/habit to include movement:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Make movement a part of your lunch routine.</li><li><input type="checkbox"/> Instead of sitting down after dinner, take a movement break.</li><li><input type="checkbox"/> Get up and move after long work meetings.</li></ul> <p><b>While you travel:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Get out at each rest stop when you drive.</li><li><input type="checkbox"/> If you're a passenger, be active while you ride. Do leg lifts, use a resistance band, or tighten your muscles.</li><li><input type="checkbox"/> Stand on the bus or train.</li></ul> | <p><b>Establish a routine/habit to include movement:</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/><br><p><b>While you travel:</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

# How To Overcome Challenges

| Challenges   | Ways To Stay Motivated  | Other Ways To Stay Motivated  |
|--|---|---|
| <p><b>I don't have time for movement breaks.</b></p> | <p><b>While you watch TV or videos:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Dance.</li><li><input type="checkbox"/> Do wall push-ups.</li><li><input type="checkbox"/> Lift weights or use resistance bands.</li><li><input type="checkbox"/> March or jog in place.</li><li><input type="checkbox"/> Ride a stationary bike.</li><li><input type="checkbox"/> Walk around during ads.</li></ul> <p><b>While you use a computer:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Sit on an exercise ball.</li><li><input type="checkbox"/> Stand up. Make sure the computer is at a comfortable height.</li></ul> | <p><b>While you watch TV or videos:</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><b>While you use a computer:</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

# How To Overcome Challenges

| Challenges                                    | Ways To Stay Motivated  | Other Ways To Stay Motivated   |
|---|---|--|
| <b>I don't have time for movement breaks.</b> | <p><b>While you talk on the phone:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Do side steps.</li><li><input type="checkbox"/> March in place.</li><li><input type="checkbox"/> Walk around.</li></ul> <p><b>At work (if you have a desk job)</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Ask your coworkers to hold stand-up meetings.</li><li><input type="checkbox"/> Take the stairs instead of the elevator.</li><li><input type="checkbox"/> Talk to coworkers in person instead of emailing them.</li><li><input type="checkbox"/> Use a copy machine on the other side of the building.</li></ul> | <p><b>While you talk on the phone:</b></p> <hr/> <hr/> <hr/><br><p><b>At work (if you have a desk job)</b></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

# How To Overcome Challenges

| Challenges                               | Ways To Stay Motivated   | Other Ways To Stay Motivated        |
|--|--|-------------------------------------|
| <b>I forget to take movement breaks.</b> | <ul style="list-style-type: none"><li><input type="checkbox"/> Ask your friends or family to remind you.</li><li><input type="checkbox"/> Post a note in a place where you'll see it.</li><li><input type="checkbox"/> Set a timer.</li><li><input type="checkbox"/> Use a phone or computer app that reminds you.</li></ul> | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <b>ADD YOUR OWN:</b>                     |  |                                     |
| <b>ADD YOUR OWN:</b>                     |  |                                     |
| <b>ADD YOUR OWN:</b>                     |  |                                     |