



## Get up! Brisk Break

**Goal:** Use natural breaks like TV commercials, or the end of a chapter or article to stay active.

**[Tip]:** Each time there is a break, choose a different exercise, stretch or household task to do!

**Why is this important?** It is important to incorporate movement breaks into your day as staying active has positive benefits for your health and wellbeing.

**References:** Steeves, J., Bassett, D., & Hollie, R. (2015). Physical Activity With and Without TV Viewing: Effects on Enjoyment of Physical Activity and TV, Exercise Self-Efficacy, and Barriers to Being Active in Overweight Adults. Tennessee: Journal of Physical Activity and Health.