



## Active Rest

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### What is the Evidence for Active Rest and Health Promotion?

Michishita, et al., 2017. -

- Active Rest promotes friendliness, support from others, vigor and satisfaction with life, and decreases interpersonal stress and job-related stress.
- After 10-weeks the intervention group *decreased* fatigue-inertia and interpersonal stress.
- After 10-weeks the intervention group *increased* vigor-activity, friendliness, vigor, support from superiors, colleagues and family/friends, and satisfaction with job/daily life.

### What are the Mechanisms for the Health Effects Active Rest?

- Promotes Physical Activity and improves Mental Health.
- More Effective at Reducing Fatigue than Passive Rest.
- Encourage Group Exercise.
- Engaging in Exercise with Others is Associated with Psychological and Social Benefits.

### Participate in the provided Active Rest Take10-4U routine:



### Take10-4U video description:

The video routine was loosely based on Tabata Training (a.k.a. Tabatas). What are Tabatas? Tabatas are based on short spurts of high intensity exercise (e.g., 20 seconds) followed by a shorter period (e.g., 10 seconds) of rest and are associated with the body's ability to efficiently use oxygen, which also improves performance. We limited repetition and muscle fatigue by changing the movements throughout the routine.



**Take10-4U Debrief:**

1. What was it like to participate in this Take 10-4U session? Was it easy, difficult?
  
2. Did you feel like you could complete the activities?
  
3. Did you find you could easily switch to easier or more difficult activities?
  
4. How are you feeling?
  
5. Was this fun?
  
6. Could you see this being a helpful thing to do regularly during your lunch or on a break?

**Want to take this practice further? Build your own Take10-4U routine!**

**Tools for Building a Take10-4U Routine:**

- Take10-4U Structure
- Take10-4U Table
- Aerobic Exercise Options
- Strength Exercise Options

Take10-4U Structure	
<b>Materials:</b> A timer; a timer that beeps and automatically starts at the end of each interval is preferred. There are many available on the internet you can try.	
Section with Description	Total Time
<b>Warm-Up/Stretch</b>	<b>1.5 - 2 minutes</b>
<b>Aerobic Exercises (<u>Options</u>) with Time Interval Options</b>	<b>3 - 3.5 minutes</b>
<ul style="list-style-type: none"> <li>• Do <b>one</b> exercise the whole time (Set time for 3.5 minutes)</li> <li>• Do <b>two</b> exercises for 1.5 minutes each (Set timer for 1.5 minutes)</li> <li>• Do <b>two</b> exercises in 30 second intervals (Set timer for 30 second intervals and to repeat at end of interval)</li> <li>• Do <b>one</b> exercise for 20 seconds followed by 10 seconds of rest for 3-3.5 minutes (Find a Tabata timer or use this <a href="#">Tabata timer</a>)</li> <li>• Make up your own exercise/time combination</li> </ul>	



## RENEWU BODY: ACTIVE REST

Take10-4U Table	
<b>Instructions:</b> Use the table below to fill in the exercises and time intervals you select for your personalized Take10-4U routine.	
Routine Section with Exercise Selections	(Total Time) Interval Times
Warm-Up/Stretch	(2-2.5 minutes)
Aerobic Exercises ( <u>Options</u> )	(3-3.5 minutes)
Strength Exercise ( <u>Options</u> )	(3-3.5 minutes)
Cool Down	(2.5-3 minutes)
<b>Strength Exercise (<u>Options</u>) with Time Interval Options</b> <ul style="list-style-type: none"> <li>Do <b>two</b> exercises in 30 second intervals (Set timer for 30 seconds intervals and to repeat at end of interval)</li> <li>Do <b>one</b> exercise for 20 seconds, followed by 10 seconds of rest for total time (Find a Tabata timer or use this <a href="#">Tabata timer</a>)</li> <li>Do <b>two</b> alternating exercises for 8, 10, 12 or 15 repetitions, followed by 30 seconds of rest, repeat as many times as possible in the total time (Set time for 3.5 minutes)</li> <li>Make up your own exercise/time combination</li> </ul>	<b>3 - 3.5 minutes</b>
<b>Cool Down</b>	<b>1.5 - 2 minutes</b>

Tip: Feel free to print out and customize several Take10-4U tables for future use.

Build a digital Take 10-4U routine using this link:



## Aerobic Exercise Options

**Materials:** You will need to have a timer that can be set at 10, 20 and 30 second intervals, as well as minute intervals (i.e. 1 minute, 1.5 minutes, etc.). A timer that beeps and automatically starts at the end of each interval is optimal. There are many available on the internet you can try.

### To Build Your Own Aerobic Routine:

- Select your preferred time interval for aerobic exercise(s)
- Select the exercise(s) and the ability or preferred level
- Do these selected exercises using your selected time interval for a total of 3-3.5 minutes.

Level 1	Level 2	Level 3
One Arm Side Jack (Walking Jack)	Half Jacks	Jumping Jacks
Half or Slow Split Jacks		Full Split Jacks
Hop in Place (Foot to Foot)	Skip in Place	Hop in Place (Both Feet)
March in Place (Low Knees)	March in Place (High Knees)	High Knees
Walk in Place	Jog in Place (Slow)	Jog in Place (Fast)
Butt Kicks (Side to Side)		Butt Kicks
Front Kicks (Knee Bent)		Front Kicks (Leg Extended)
Sitting Leg Raises (Front)	Leg Raises (Front, 45° Angle)	Leg Raises (Front 90° Angle)
Arm Circles (Narrow, Slow)		Arm Circles (Narrow, Fast)
Arm Circles (Wide, Slow)		Arm Circles (Wide, Fast)
Chest Expansions (Slow)		Chest Expansions (Fast)

## Strength Exercise Options

**Materials:** You will need to have a timer that can be set at 10, 20 and 30 second intervals, as well as minute intervals (i.e. 1 minute, 1.5 minutes, etc.). A timer that beeps and automatically starts at the end of each interval is optimal. There are many available on the internet you can try.

### To Build Your Own Strength Routine:

- Select your preferred time interval for strength exercise(s)
- Select the exercise(s) and the ability or preferred level
- Do these selected exercises using your selected time interval for a total of 3-3.5 minutes.

Level 1	Level 2	Level 3
Supported Lunge	Quarter to Half Lunges	Lunges
Supported Squats	Half Squats	Full Squats
Supported Calf Raises	Calf Raises	Single Leg Calf Raises
Supported Hip Extensions (Low)	Hip Extensions (Low)	Hip Extensions (High)
Squat Holds (135° Angle)	Squat Holds (135 - 90° Angle)	Squat Holds (90° Angle)
Wall Squat (135° Angle)	Wall Squat (135 - 90° Angle)	Wall Squat (90° Angle)
Supported Single Leg Deadlifts		Single Leg Deadlifts
Supported Hip Abduction (Low)	Hip Abduction (Low)	Hip Abduction (High)
Balance on One Foot (Any Position)	Balance on One Foot (Free Leg Bent in 90° Angle)	Balance on One Foot (Hands Above Head)
Bicep Extensions (No Resistance)	Bicep Extensions (Resistance Band)	Bicep Extension (Weight Resistance)



## RENEWU BODY: ACTIVE REST

Side Shoulder Taps (No Resistance)	Side Shoulder Taps (Resistance Band)	Side Shoulder Taps (Weight Resistance)
Bicep Curls (No Resistance)	Bicep Curls (Resistance Band)	Bicep Curls (Weight Resistance)
Sitting Horizontal Abduction (45 - 90° Angle)	Standing Horizontal Abduction (45° Angle)	Standing Horizontal Abduction (90° Angle)
Arm Extension Hold (45° Angle)		Arm Extension Hold (90° Angle)
Side Arm Raises (No Weight)		Side Arm Raises (Weight Resistance)
Overhead Shoulder Press (No Weight)		Overhead Shoulder Press (Weight Resistance)
Side Bends (No Resistance)	Side Bends (Resistance Band)	Side Bends (Weight Resistance)
Wall or Table Push-ups	Knee Push-ups	Push-ups
Seated Trunk Rotations	Seated Opposite Knee to Elbow	Reclined Opposite Knee to Elbow

### References

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