

## *APHA Healthy Meeting Guidelines: Physical Activity*

The American Public Health Association is one of many organizations that have signed onto the Healthy Meetings Pledge to formalize its commitment to offering healthy options and promoting physical activity and sustainability at our meetings and events. Below are suggestions for incorporating physical activity into your events.

- Have participants to stand up when they're sharing an opinion/idea
- Encourage participants to stretch or get up and walk around during meetings
- Explicitly include a stretch/movement break in your agenda
- Do a 10-minute [Instant Recess activity video](#) during a break
- Dance to Beyoncé's '[Move Your Body](#)' dance from the Let's Move campaign
- Practice the [#GimmeFive dance](#)
- Provide a ten minute stretch break once per 1.5 hour – Assign a staff person or ask members to rotate leading the stretching. Provide a copy of the stretching handout to meeting attendees.
- Weather permitting, lead a walk (or two) around the block
- Play music for popular group dance song and let the group dance (a few ideas):
  - Macarena
  - The Twist
  - Electric Slide
  - YMCA
  - Twist and Shout
  - The Cupid Shuffle
  - The Wobble
- Play a game like **Simon Says**: One person designated as “Simon” calls out different active commands to get participants moving (hop on one foot, touch your toes, etc.)





# OFFICE STRETCHES



**Shoulder Stretch**  
**FRONT:** interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach forward.  
**Hold stretch for 15 seconds**



**Shoulder Stretch**  
**BACK:** interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back.  
**Hold stretch for 15 seconds**

**Shoulder Pull**  
 Grab under your right upper arm and pull the arm at shoulder height across your chest. Repeat for other shoulder.  
**Hold stretch for 15 seconds**



**Triceps and Shoulder Stretch**  
 Reach behind your head with elbow bent. Use opposite hand to push downwards on elbow so that your hand moves further down your back. Repeat for other arm.  
**Hold stretch for 15 seconds**



**Neck Stretch**  
 Reach with right hand over your head and shrug your left shoulder. Slowly pull your head away from left shoulder then drop your left shoulder down. Repeat for other side.  
**Hold for 10 seconds**



**Neck Flexion**  
 Interlock hands and place hands on back of head. Pull chin down towards chest.  
**Hold for 10 seconds**

**Knee to Chest**  
 In a seated or standing position with back supported, slowly pull one knee up towards your chest. Repeat for other side.  
**Hold for 15 seconds**



**Back Rotation**  
 Sitting on a chair with left leg crossed over your right leg. Place right hand on left thigh just above knee and pull leg towards right. At the same time turn your body towards the left looking over left shoulder. Repeat for other side.  
**Hold for 15 seconds**

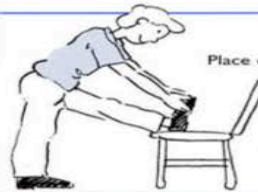


**Side Stretch**  
 While standing, slide right hand down right leg as far as possible, ensuring you are facing straight ahead. Repeat for opposite side.  
**Hold for 15 seconds**

**Chest Stretch**  
 Bend elbows and place hands and forearms on each edge of a doorway at elbow height. With feet shoulder width apart, lean body forward through doorway.  
**Hold for 15 seconds**



**Quadriceps Stretch**  
 Support yourself with left hand on a wall. Grasp left foot with right hand and gently pull heel towards buttocks. Repeat for right side.  
**Hold for 20 seconds**



**Hamstring Stretch**  
 Place one foot on a stable chair or similar height surface. Whilst keeping leg and back straight and pelvis square, lean forwards towards your foot until you feel a stretch in the back of your thigh. Repeat for other leg.  
**Hold for 15 seconds**



**Buttocks Stretch**  
 Sitting on a chair, position right ankle on left knee. Place hands on right lower leg and slowly bend forwards towards legs. Keep back straight. Repeat for other side.  
**Hold for 15 seconds**

**Wrist/Forearm Stretch**  
 With a straight elbow and palm facing upwards, pull hand downwards to stretch the front of your forearm and wrist. Then turn hand over so that your palm is facing downwards and pull hand downwards to stretch the back of your forearm and wrist. Repeat for other arm.  
**Hold both for 10 seconds**



**Biceps Stretch**  
 Hold onto a door frame at arms length, thumb down. Turn the body away from arm and allow your shoulder to roll in. Repeat for other side.  
**Hold for 15 seconds**

