



Alliance  
for a  
**Healthier  
Generation**

## INDOOR FITNESS BREAKS

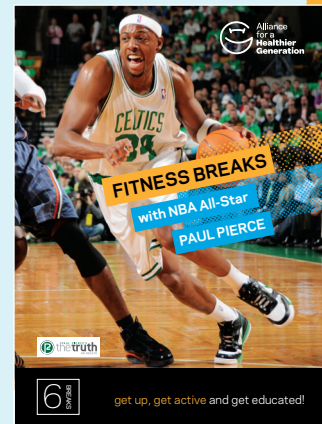
Indoor physical activity is a challenge for many schools. Winter weather can trap students and staff inside for months at a time. Lack of space and lack of time also contribute to inadequate physical activity for our students.

The Alliance for a Healthier Generation, a national non-profit organization focused on reducing childhood obesity, asked Boston Celtics Captain and NBA All-Star Paul Pierce to create fun fitness “fast breaks” students can do anywhere. The videos, which show Paul demonstrating these same exercises, are available online at the Alliance’s website, [HealthierGeneration.org](http://HealthierGeneration.org).

The breaks are a simple way to create an environment of physical activity within the halls of the school. The activities require no equipment and all ages can participate and benefit from the movement, exercise and flexibility stations.

**Follow the instructions below and students will be moving in no time:**

1. Utilize the hallways for an indoor fitness trail.
2. Emphasize safety during the movement and activity.
3. Choose: 3-5 types of movement  
3-5 station activities  
2 stretches & utilize the standing pretzel as the last station
4. Arrange stations away from occupied classrooms.
5. Put up signs to designate direction of travel & fitness station.
6. Before returning to class, have the students calm down by completing a relaxation activity.



**The Indoor Fitness Breaks kit and the Fitness Breaks with NBA All-Star Paul Pierce videos are among the many resources available through the Alliance for a Healthier Generation’s Healthy Schools Program. Any school can join the Healthy Schools Program online at: [HealthierGeneration.org](http://HealthierGeneration.org).**

Founded by



**FITNESS BREAKS**  
PRE-GAME

# tippy toe walk



Lift heels and walk on the balls and toes of your feet.

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**FITNESS BREAKS**  
PRE-GAME

# heel kicks



Start with a light jog.  
Pull the heel of the lower leg up to and bounce off the buttock.

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**FITNESS BREAKS**  
PRE-GAME

# knee raise

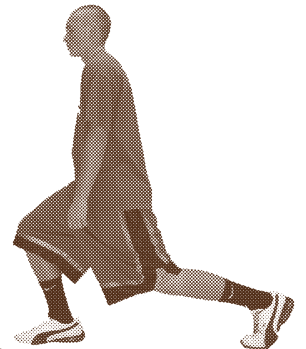


Stand tall, lift one knee up towards the chest and hold.  
*Alternate knees.*

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**FITNESS BREAKS**  
PRE-GAME

# basic lunges



Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

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FITNESS BREAKS  
PRE-GAME

# heel walks



Lift toes and balls of the feet and walk only on your heels.

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FITNESS BREAKS  
PRE-GAME

# quad stretch



Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock. *Alternate legs.*

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FITNESS BREAKS  
TIP-OFF

# march in place



Lift knees high and exaggerate the arm swing.

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FITNESS BREAKS  
TIP-OFF

# carioca



Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square.

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**FITNESS BREAKS**  
TIP-OFF

# reverse lunges

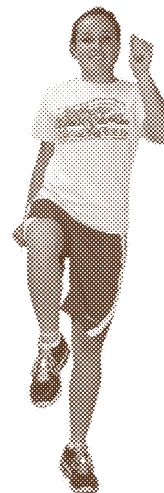


Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position.*

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**FITNESS BREAKS**  
TIP-OFF

# skip

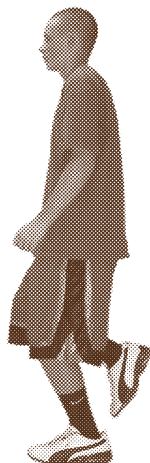


Start on right foot: step, hop, lift up left knee and swing right arm. Left foot: step, hop, lift up right knee and swing left arm.

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**FITNESS BREAKS**  
TIP-OFF

# hop on one leg



Take off on one foot and land on the same foot multiple times.

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**FITNESS BREAKS**  
TIP-OFF

# hamstring stretch



Stand with one leg just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forwards as if sticking your bum in the air! *Hold for between 10 and 30 seconds.*

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**FITNESS BREAKS**  
FULL-COURT PRESS

# walk in place



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**FITNESS BREAKS**  
FULL-COURT PRESS

# knee raises elbow to knees



Lift up right arm and raise left knee and lower your right elbow toward knee in a diagonal motion. Repeat this move by using the opposite elbow and knee.

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**FITNESS BREAKS**  
FULL-COURT PRESS

# jumping jacks



Begin by standing with feet together and arms at sides. Bend knees and jump, moving feet out. At the same time, raise arm overhead. Keep knees bent while jumping again, bringing feet together and arms to sides. Repeat multiple times.

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**FITNESS BREAKS**  
FULL-COURT PRESS

# standing pretzel



Cross your left ankle over your right. Extend your arms and cross your left wrist over your right. Bring your palms together and interlace your fingers. Now bring your hands up toward your chin. Stand quietly for 30 seconds with eyes closed and tongue on the roof of mouth.

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**FITNESS BREAKS**  
SLAM DUNK

## defensive stance



Arms up, elbows bent,  
knees bent, buttocks low.

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**FITNESS BREAKS**  
SLAM DUNK

## dribble in place



To dribble, push the ball down by  
spreading the fingers and flexing  
the wrist. Keep legs flexed and  
back straight.

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**FITNESS BREAKS**  
SLAM DUNK

## jump shot



Pretend to hold the ball with one  
hand under the ball and the other  
on the side. Jump straight up.  
Release the ball before the top of  
your jump, forcing the ball up and  
forward with one hand. Follow  
through like you are reaching into  
a cookie jar on the top shelf.

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**FITNESS BREAKS**  
SLAM DUNK

## speed dribble



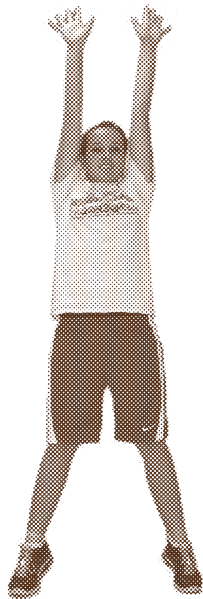
Pretend to push the ball down by  
spreading the fingers and flexing  
the wrist in double time. Keep legs  
flexed and back straight.

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FITNESS BREAKS  
SLAM DUNK

# 360 turn & dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop.

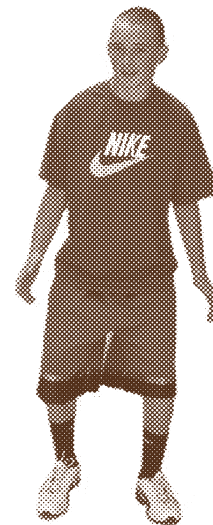


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FITNESS BREAKS  
MVP

# quick feet

Start with feet shoulder width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.



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FITNESS BREAKS  
MVP

# quarter turns

While performing "quick feet" jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.



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FITNESS BREAKS  
MVP

# side slides

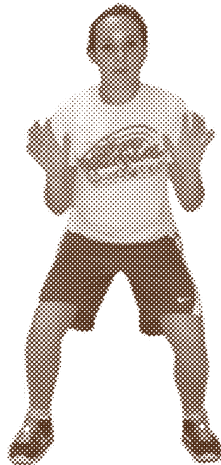
Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. Repeat. Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. Repeat.



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FITNESS BREAKS  
SLAM DUNK

# squat jumps

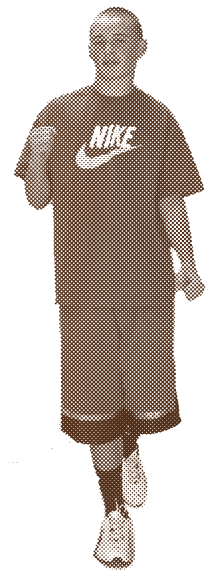


Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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FITNESS BREAKS  
OVERTIME

# jog in place



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FITNESS BREAKS  
OVERTIME

# squats



Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position. *Repeat 9 times.*

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FITNESS BREAKS  
OVERTIME

# defensive slide



Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

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FITNESS BREAKS  
OVERTIME

# jump and twist

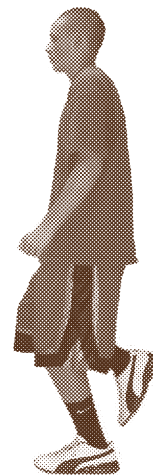


Jump up and rotate body. Land softly on the balls of the feet.

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FITNESS BREAKS  
OVERTIME

# line drill



With toes on line, step over, over, back, back. *Continue 30 seconds.* Switch to lead with the other foot. *Continue 30 seconds.* With one foot in front of the line and the other behind, jump and switch feet (scissors). *Continue 30 seconds and switch lead foot.* With both feet parallel, jump over and back. *Continue 30 seconds.*

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