

Title of Intervention and Website: The Los Angeles Lift Off

Intervention Strategies: Environments and Policies, Group Education

Purpose of the Intervention: To integrate physical activity into workplace routine

Population: Four hundred forty-nine employees, predominantly sedentary, overweight, middle-aged women of color

Setting: Los Angeles County Department of Health Services' worksites; worksite-based

Partners: Los Angeles County Department of Health Services

Intervention Description:

- **Environments and Policies:** A 10-minute fitness or exercise break was integrated into long meetings (greater than 1 hour) and events during work time, particularly those where refreshments were served. While the breaks were not mandatory, they were encouraged by the Director of Public Health.
- **Group Education:** The exercise breaks were composed of a series of simple aerobic dance and callisthenic movements with catchy titles. English and Spanish video and audio tapes were created for use when exercise break leaders were not available. Materials were culturally-tailored to African American and Hispanic audiences.

Theory: Social cognitive theory

Resources Required:

- **Staff/Volunteers:** physical activity promotion experts to develop exercise series, trained facilitators
- **Training:** LAC DHS staff trained facilitators using culturally tailored materials
- **Technology:** video and audio media creation, media players
- **Space:** room to perform movements
- **Budget:** not mentioned
- **Intervention:** Fuel Up/Lift Off! LA materials (video and audio tapes); implementation memo
- **Evaluation:** survey, International Physical Activity Questionnaire

Evaluation:

- **Design:** Randomized, controlled, post-test only trial
- **Methods and Measures:** A brief survey measured sociodemographic variables, body mass index, health status, stage of change for physical activity, satisfaction with current fitness level, physical activity level and mood state.

Outcomes:

- **Short Term Impact:** The data suggest that a very diverse sample of women may be engaged in brief bouts of group exercise as part of the workday, regardless of their readiness to change physical activity level and without any adverse effect on their mood or well-being.
- **Long Term Impact:** not mentioned

Maintenance: Not mentioned

Lessons Learned: Future research should investigate the long-term sustainability of exercise breaks in a variety of organizational settings. Randomized controlled trials conducted with socio-demographically diverse employee groups would be optimal.

Citation(s):

Yancey, A. K., W. J. McCarthy, et al. (2004). "The Los Angeles Lift Off: a sociocultural environmental change intervention to integrate physical activity into the workplace." *Prev Med* 38(6): 848-56.