

InPACT by the Numbers

Interrupting Prolonged Sitting with Activity (InPACT) is a classroom-based physical activity intervention that emphasizes children's natural physical activity patterns through the implementation of short, intermittent bouts of activity throughout the school day. Teachers are uniquely positioned to create a culture of health and wellness in their schools. InPACT is a feasible, low-cost strategy to reduce prolonged sitting time while simultaneously increasing structured physical activity opportunities and improvement on-task behaviors in the classroom.



99%

of students returned to task within 30 seconds of completing an activity break



Students reported an

8

out of 10

on their confidence to complete 30 minutes of physical activity every day at school

85%

of students were exercising at a moderate-to-vigorous intensity



Children reported a

4.2

out of 5

on an enjoyment scale during activity breaks



On average, teachers were able to implement

5

activity breaks per day in their classrooms

Average transition time to activity breaks was

Teachers preferred fewer breaks that lasted

55 seconds

The shortest time was

2 seconds



75%

of teachers were exercising at a moderate-to-vigorous intensity

