



EXERCISE SNACKS

EXERCISE SNACKS ARE BRIEF, STRUCTURED, INTENTIONAL PERIODS OF MOVEMENT THAT CAN OCCUR THROUGHOUT THE DAY.

WHEN

- While the microwave is running
- During a commercial
- While waiting on hold
- While waiting for the water to boil
- While the coffee is brewing
- While brushing your teeth
- While your computer is loading
- At a stoplight



WHAT

WHOLE BODY EXERCISES

- Sit-to-Stand
- March in place/jogging in place
- Walking laps around the house

ARM EXERCISES

- Arm circles with or without light weights
- Wall push-ups
- Shoulder blade squeezes
- Seated push-ups (pushing up from the arms of the chair)

LEG EXERCISES

- Squats at the counter
- Leg raises at the counter (side, back, forward)
- Calf stretches

NECK AND CORE EXERCISES

- Abdominal squeezes
- Chin tucks
- Head turns
- Buttocks squeezes
- Kegel exercises



VIRTUALLY ANY EXERCISE CAN BE DONE BRIEFLY AND INTERMITTENTLY THROUGHOUT THE DAY!



DAILY ACTIVITIES CAN TRIGGER YOUR EXERCISE SNACKS AND HELP YOU BUILD HEALTHY HABITS.