

EXERCISE SNACKS

Big Benefits in Small Bites!

Short on time? No problem! Exercise snacks are quick bursts of movement you can sneak into your day for more energy, better health, and a stronger you.

WHAT IS AN EXERCISE SNACK?

A short, intentional burst of physical activity (1–5 minutes) that fits into your day.



WHY IT WORKS



Boosts energy and mood



Supports heart health



Helps with weight management



Improves focus and productivity



Better sleep and less stress

SNEAK MOVEMENT INTO YOUR DAY

1. MORNING WAKE-UP
1–3 MINUTES





Stretch your arms overhead, roll your shoulders, and do a few body weight squats.

GREAT START TO YOUR DAY!

2. BETWEEN TASKS
2–3 MINUTES





March in place, do high knees, or step side to side.

MOVE BEFORE YOU MOVE ON!

3. WHILE YOU WAIT
1–2 MINUTES





Do calf raises, wall push-ups, or gentle stretches.

TURN WAIT TIME INTO YOU TIME!

4. TV COMMERCIAL BREAKS
1–2 MINUTES





Do squats, arm circles, or march in place during commercials.

DON'T JUST SIT, SNACK ON FITNESS!

5. LUNCH RESET
5 MINUTES





Take a brisk walk outside or around your building.

REFRESH YOUR BODY AND MIND!

6. AFTER DINNER
5–10 MINUTES





Walk, do step-ups, or try a few balance moves.

A LITTLE NOW, BETTER LATER!

7. EVENING WIND-DOWN
3–5 MINUTES





Stretch, breathe deeply, and release the day's tension.

RELAX, RESET, SLEEP BETTER!

MAKE IT A HABIT!

- ✓ Start small (1–2 minutes)
- ✓ Be consistent
- ✓ Pair it with something you already do
- ✓ Track your wins
- ✓ Celebrate progress!

Small snacks. Big change. 



TIPS FOR SUCCESS

- Keep it simple
- Listen to your body
- Every minute counts!



REMEMBER:
*You don't need more time.
You just need to move MORE OFTEN!*



Your body was made to move. Give it little bits of love all day long!

MOVE MORE. FEEL BETTER. LIVE WELL. 