EXERCISE SNACKS

MOVE MORE MOVE OFTEN

1 WHAT ARE EXERCISE SNACKS?

Exercise snacks are **short bouts** of physical activity (usually around **1 minute**) performed throughout the day. They are an **accessible way** to **introduce physical activity** into your routine and **interrupt prolonged sitting**.

2 MAKE MOVEMENT PART OF YOUR DAILY ROUTINE

Try pairing exercise snacks with activities you already do:

- After brushing your teeth.
- Before or after a meal.
- During television commercial breaks.
- Before sitting down to work.





3 AIM FOR A HIGHER INTENSITY

Exercise snacks are generally intended to be **vigorous in nature**. Aim for an intensity of at least **7 out of 10** on the **perceived exertion scale**. Look for **these signs**:

- Feeling out of breath.
- Noticeable muscular effort.
- Feeling like you are huffing and puffing.

4 FIND WHAT WORKS FOR YOU!

There is no one-size-fits-all prescription

- Choose movements that fit your abilities and preferences.
- Start with short bouts (e.g., 1 minute) and adjust as needed.
- Remember: every exercise snack is an opportunity to move more!





5 START GRADUALLY AND PROGRESS SAFELY

If you are **new to exercise** or have been inactive, spend a few days **practising the movements** at a **comfortable intensity** before **gradually increasing the effort**.

If you have **health concerns** or are unsure which exercises are appropriate, **consult a healthcare professional**.

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Free videos are available at ExerciseSnacks.ca

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