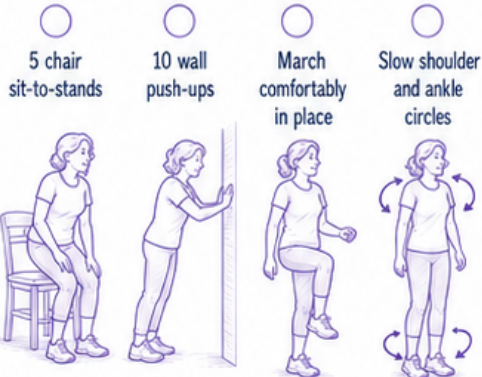


Exercise Snacks for Busy Days™

Short bursts of movement can help you stay active when time, energy or attention is limited.

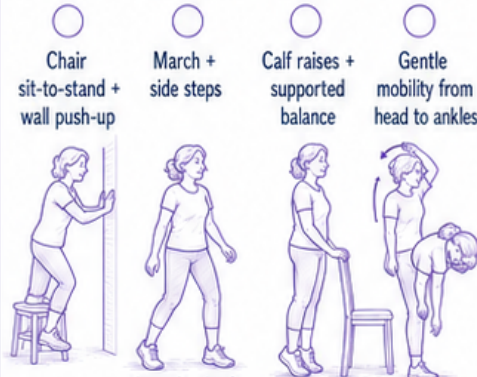
An exercise snack is a brief movement break. Choose one that suits your body, surroundings and available time.

About 1 Minute



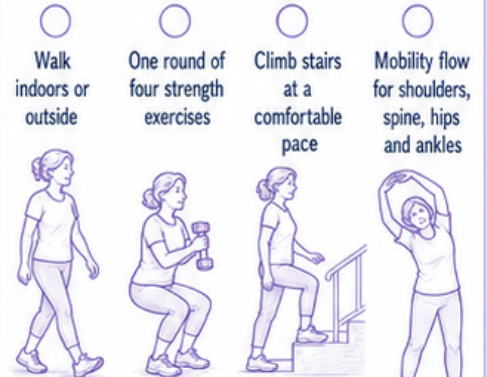
Choose one.

About 3 Minutes



Choose two movements and alternate.

About 5 Minutes



Keep the pace manageable enough to finish with control.

Choose by What You Need



Need Energy?

Try marching, walking or stairs.



Need Strength?

Try sit-to-stands, wall push-ups or calf raises.



Feeling Stiff?

Try gentle mobility and position changes.



Need a Reset?

Walk slowly and focus on steady breathing.

Easy Places to Attach a Movement Snack



After brushing your teeth



While coffee or tea brews



Between work tasks



After using the bathroom



Before lunch or dinner



During television breaks



Make It Easier

- Use a chair or wall for support.
- Move through a smaller range.
- Choose fewer repetitions.
- Slow the pace.



Add a Little More

- Repeat the snack later.
- Add one movement.
- Add a few repetitions.
- Use slightly more resistance.

Morning ☐

Midday ☐

Afternoon ☐

Evening ☐

How I felt: Better / Same / Too Much



Gentle Reminder

Exercise snacks can support your movement routine, but they do not have to replace longer sessions you enjoy.



Martine's Midlife Wellness Tip

Choose one movement snack you can remember without looking it up. Simplicity makes it easier to repeat.



When to Stop

Stop for sharp pain, dizziness, chest pain, severe shortness of breath, new weakness or loss of balance.

