

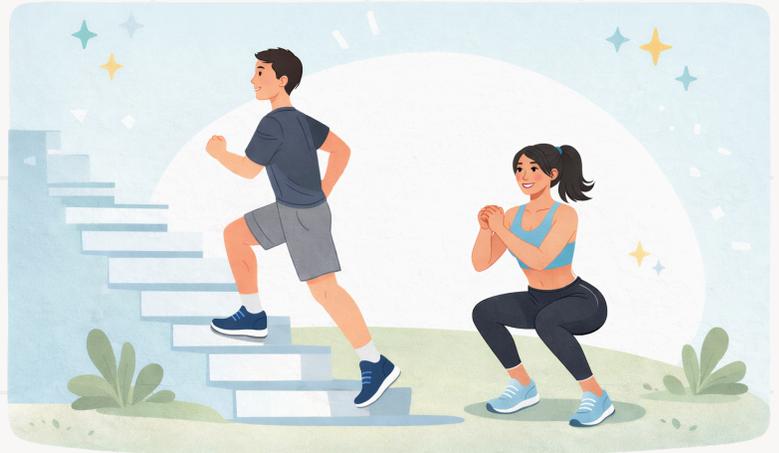
SMALL BURSTS. BIG BENEFITS.

# EXERCISE SNACKS

## What Are Exercise Snacks?

Short, vigorous bursts of activity—  
2–5 minutes, 2–3 times per day.\*

- ✓ Stair climbing
- ✓ Bodyweight squats
- ✓ Brisk marching in place



30 minutes, 5 days a week



## Why They Matter

- ✓ **Guidelines:** Aim for 150 minutes of exercise per week.
- ✓ **Quick wins:** Exercise snacks provide you with a simple way to reach meaningful fitness gains.

## Why They Work

Research shows that even these brief intervals:

- ✓ Improve heart & lung fitness
- ✓ Boost muscular endurance
- ✓ Support pain management

## Easy Ways to Start

- ✓ Take the stairs instead of the elevator
- ✓ 10–20 bodyweight squats during a break
- ✓ March in place while waiting for a coffee



*\*Always consult your healthcare provider before starting or increasing any exercise program.*