

Snacktivity picture board





Take the stairs

Taking the stairs can be a great activity snack

Take the stairs at work instead of the lift or escalator. Start by getting off the lift one floor early and walking up the stairs. Or even getting off the lift one floor later and walking down the stairs.



Lunchtime walk

Go for a brisk walk at lunchtime

Spare some time over your lunch break to take a brisk walk. Not only will it help build up your activity snacks, but its a great way to take a break and come back to work refreshed.



Walking & talking

Move away from your desk and walk whilst taking calls

Rather than sitting down and taking calls, if you can, stand up and walk whilst you talk.



Lunges

Lunges at work

If you find yourself waiting for something at work, maybe it's the printing or the kettle to boil, do some lunges. it's important to do lunges properly so you don't put unwanted strain on your joints.



Get off bus early

Get off the bus one stop earlier & walk

If you take public transport to work, get off the bus a stop earlier and walking the rest of the distance. This can be great way of building your activity snacks into your day.



Use the toilet furthest away

Use the toilet furthest away/on another floor

We all need to use the toilet when we are at work, if you can, try use the toilet which is the furthest away or even on another floor.



Walking meetings

Have a walking meeting with colleagues

Where possible go for a walk with colleagues during your meeting, rather than sitting in a meeting room. This can be a great way of building activity snacks into your day



Park further away

Park your car further away and walk

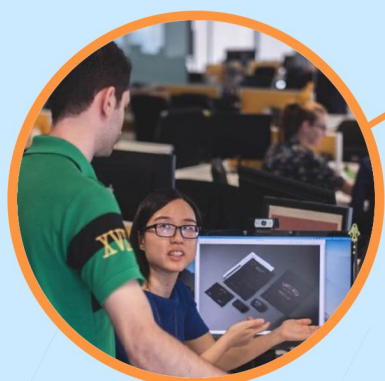
If you drive to work, instead of parking in the car park right next to your building, park in a car park which is further away and walk to your building. A small change like this to your day is a great way of building snacktivity into your day.



Arm raises

Try arm raises whilst seated

Arm raises or overhead punches from a seated position can be a great way to get your heart beating faster and breathing a little harder.



Move more sit less

Walk over to talk to colleagues instead of using the phone or email

If you need to speak to someone at work who is in the same building, rather than sending them an email or picking up the phone, why not walk to their office/desk and speak to them in person.



Teeth Brushing Squats

Try doing some squats whilst brushing your teeth

Guidelines suggest that we should brush our teeth twice a day for at least 2 minutes each time. Put that time to good use by doing some Snacktivity, perhaps some squats?



Stair press ups

An alternative to traditional press-ups, press ups against the stairs

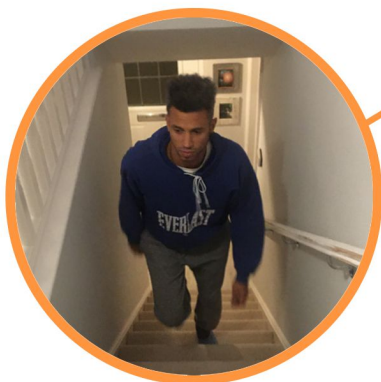
If you have stairs in your home, try doing stair press-ups.



Kettles boiling - Keep moving

Keep moving whilst you wait for the kettle to boil

Depending on how much water you are boiling, it can take roughly 2 minutes for the kettle to boil. You could use this time for Snacktivity. Keep on the move whilst boiling the kettle, do a few laps of the house or walk on the spot.



Stair climbing

Walk up and down the stairs multiple times

If you have stairs in your house, stair climbing is a great activity which can be really beneficial to your health. How many stairs can you climb today?



Housework

Do some housework

The messy kids, the hair-shedding pets, the crisp eating spouse, the water splattered windows - we all need to do housework at some point. Doing the housework can be a great way to build activity snacks into your day



Vacuum lunges

Doing lunges whilst you vacuum the house

Housework can be a great way to get your activity snacks into your day - but if you want to "up the ante" try and do some lunges at the same time.



Tin bicep curls

Try some bicep curls with tins or a bottle whilst seated

Sit up straight with your shoulder blades back and down. Keep your back, elbows and shoulders still. Curl your arms up until they're in front of your shoulders.



Baskets not trolleys

Use a basket whilst shopping instead of a trolley

If possible, use a basket for your shopping rather than a trolley. You could even throw in a bicep curl or two.



Shopping trip

Walk/run/cycle to the local shops

You've just realised that you need to pop to the shops for some essentials. Don't jump in the car, if you can and it's close by, why not walk, run or cycle to the shops. It'll be both a great cardio and strength snack.



Doing dishes - Calf raises

Try some calf raises while washing the dishes

If you don't have a dishwasher (or even if you do) doing the dishes is something we all do, often multiple times a day. This time could be used to hit two birds with one stone. Whilst doing the dishes do some calf raises



Children play time

Play with your children in the park

"We don't stop playing because we get old, we get old because we stop playing" And playing with your children can be a great way to build in your physical activity. Take a stroll down to the park and play with your children or grandchildren to keep both of you young.



Dog walking

Take your dog for a walk

It's not just you that needs to be active. Your furry partner in crime does as well. Taking them for a walk a couple of times a day can be a great way to get physically active.



Park life

Go for a walk around the local park

Need we say more. Going for a walk around the local park can be a great way to get in some activity snacks, get some fresh air and just enjoy being outside.



School run

Walk to drop off/ pick up your children from school

If you have children, the school run is just something that needs doing. It can often be tempting to quickly get in the car and head off to school. But if you can carve out a little bit of extra time in the morning to walk to school with your children. It'll be good for you and good for them. In fact, being physically active may even help with their studies.



Skip! Skip! Hooray

Take up skipping

Skipping is no longer confined to the school playground. Boxers use skipping as training before a fight and it is now incorporated into many gym classes. An excellent way to get active, skipping can be done anywhere, anytime.



Marching on the spot

March on the spot

During the advert breaks, or waiting for the kettle to boil for a brew there is a lot of hanging around in our typical days. But something as simple as marching on the spot will help keep your activity up and maintaining your Snacktivity.



Get gardening

Do some gardening

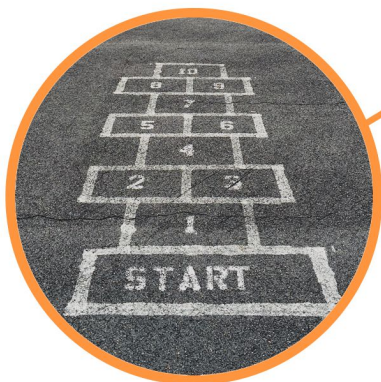
While enjoying yourself in the garden, you are also working all the major muscle groups: legs, buttocks, arms, shoulders, neck, back and abdomen. Gardening tasks that use these muscles build strength and burn calories.



Kitchen disco

Dance around the living room/kitchen

Why not turn the evening cooking into a bit of fun and have a dance party in the kitchen. Or whilst watching your favourite Netflix show break up your sitting with a little boogie around your living room.



Kitchen hopscotch

Set up a game of Hopscotch in your kitchen

Hopscotch is a traditional playground game and it's no wonder hopscotch has stood the test of time! The playground game requires nothing more than chalk and a small object and it can be played solitary or with multiple people.



Shopping bag Snacktivity

Instead of holding shopping bags along your sides, use this opportunity to do an activity snack

Instead of holding shopping bags along your sides, bend your elbow to hold them out in front of you.



Weighted rucksack

Carry additional weight in your rucksack whilst walking

If you use a rucksack/backpack, consider adding some additional weight to the backpack like a couple of tins of beans/chickpeas etc to help make it heavier, making your heart beat a little faster and get you breathing a little harder.



Bookshelf squats

Make an activity snack out of reordering your bookshelf

Take each book off the shelf, put it on the floor, making sure to bend at the knees (Not the back). Before picking the book up and returning it to the shelf. You have just done a squat.



Laundry Snacktivity

Hang up your laundry one by one

Why not turn the evening cooking into a bit of fun and have a dance party in the kitchen. Or whilst watching your favourite Netflix show break up your sitting with a little boogie around your living room.



Hula hoop challenge

This challenge will not only improve your balance but you'll learn a fun party trick at the same time.

Not touched a Hula Hoop in years? Channel your inner child with this quick and effective Snacktivity which will work your waist and keep you stable on your feet.