

GET MORE ENERGY IN YOUR DAY WITH MOVEMENT SNACKS

1 **STRETCHING**
AT YOUR
DESK OR
STANDING UP




4 **LIFTING A WEIGHTED**
OBJECT, A KETTLEBELL,
DUMBBELLS,
YOUR RUCKSACK
OR EVEN A TIN OF BEANS!




LET'S GET TO 10 REPS AGAIN!

COMPOUND
ALL BODY
MOVEMENTS
LIKE BURPEES



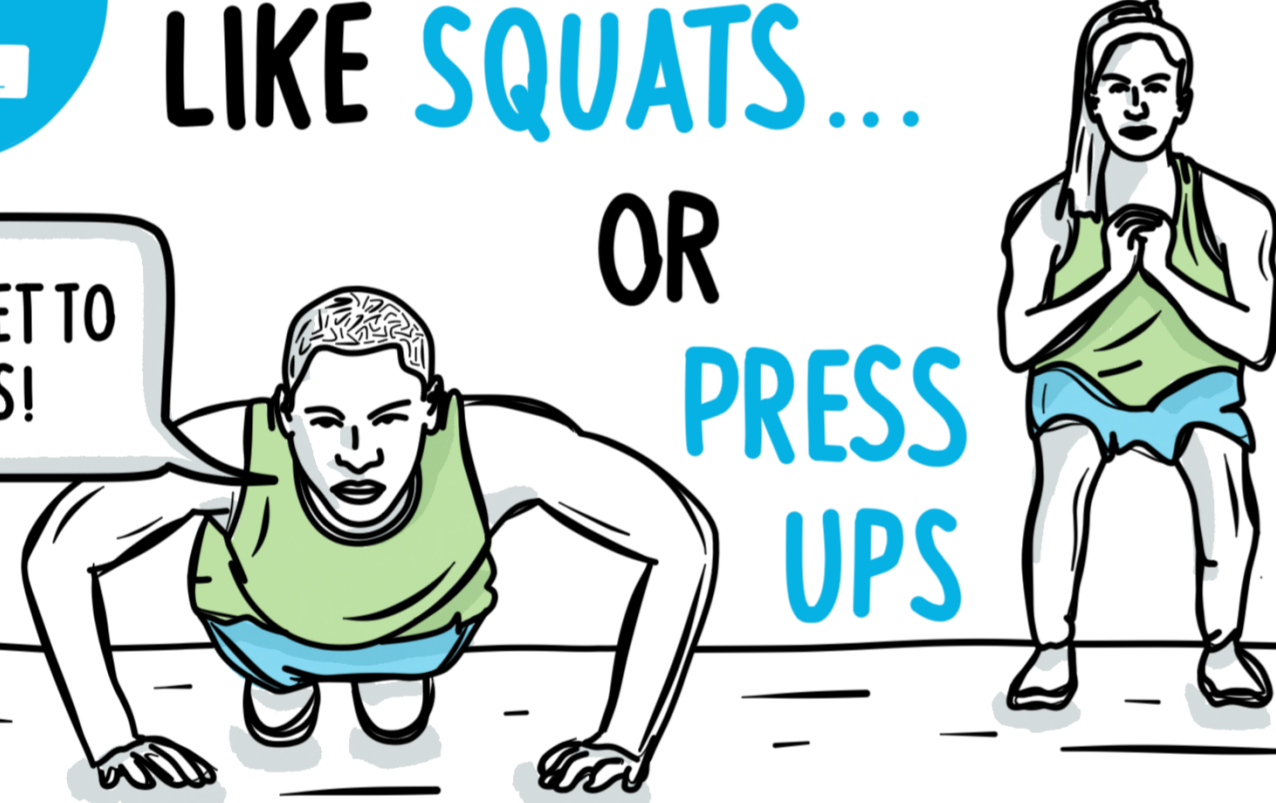
7

DANCING



10

2 **BODY WEIGHT EXERCISES**
LIKE SQUATS...
OR
PRESS UPS

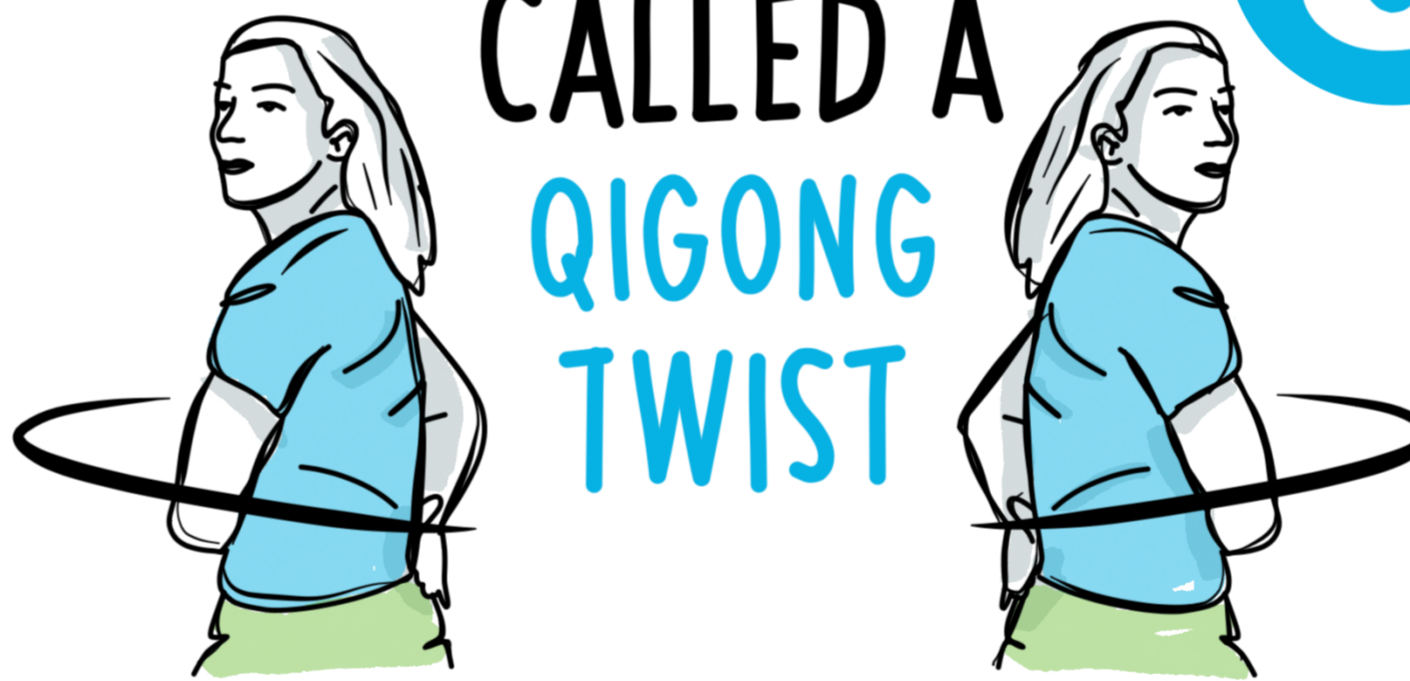


LET'S GET TO 10 REPS!

5 **BRISK OR**
GENTLE 5
MINUTE WALK



A TWISTING MOVEMENT
CALLED A
QIGONG
TWIST



8

WALKING
CALLS OR
MEETINGS



11

3 **RUNNING UP**
AND DOWN THE
STAIRS 5 TIMES



6 **JUMPING**
JACKS/JUMPING
ON THE SPOT



10 REPS AGAIN!

SHAKING
OUT
YOUR
LIMBS



9

MAKE
STANDING
YOUR DEFAULT
AT YOUR DESK



12