

# Exercise Snack Menu



Canadian  
Cancer  
Society

Healthy  
Workplaces

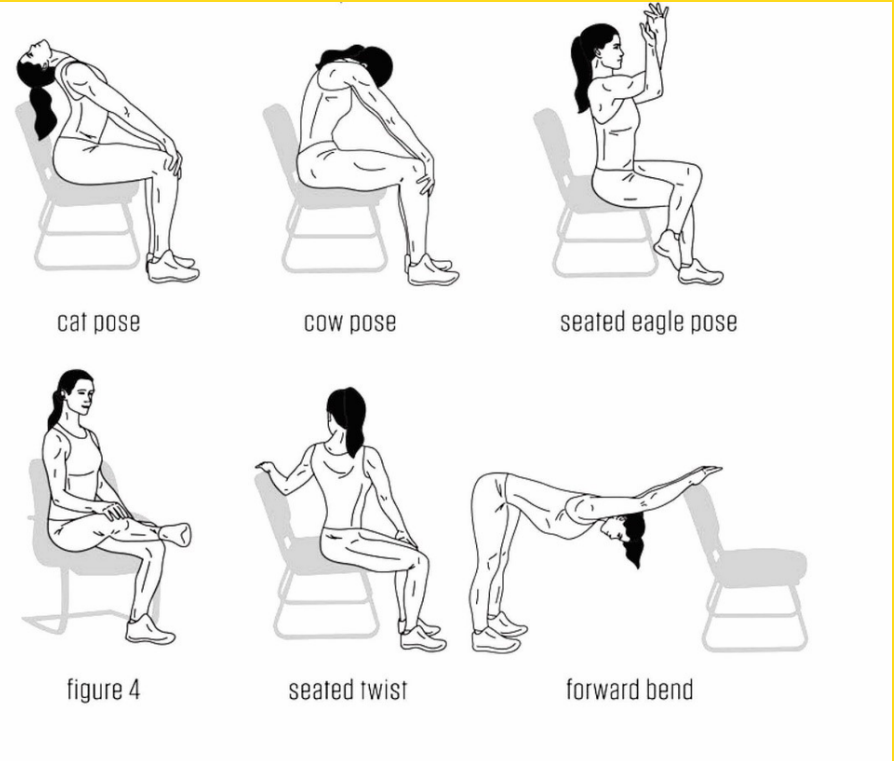
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# DAY 1 PAUSE & STRETCH SNACK MENU:

**For today's exercise snack,  
perform 3 of the following  
seated stretches:**

**Each stretch hold for 10-15  
seconds, repeat 2x**



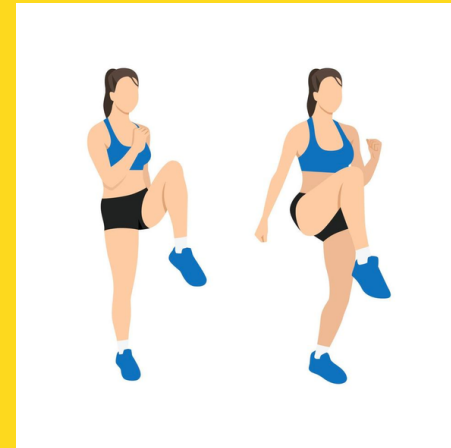
# DAY 2 WORK FROM HOME CARDIO SNACK MENU:

**For todays Exercise Snack, pick  
3 of the following static cardio  
moves**

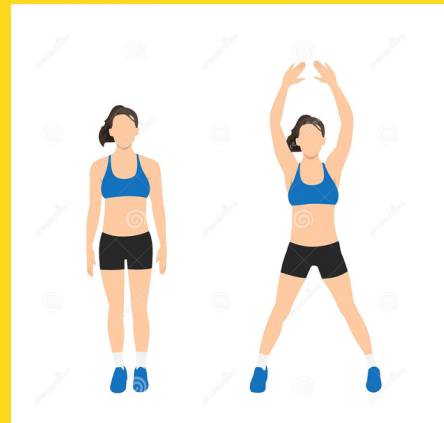
**Perform each exercise for 30- 45 secs**



**Jump Squats**



**High Knees**



**Jumping Jacks**



**Cross Jacks**



# DAY 3 HYDRATION STRETCH STATION SNACK MENU

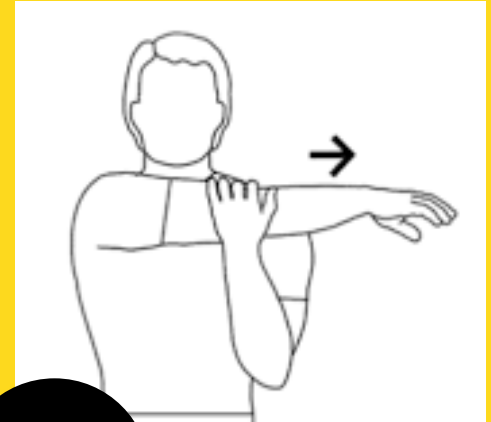


For today's exercise snack, grab your water and pick 3 of the following upper body stretches. In between each stretch drink some water!

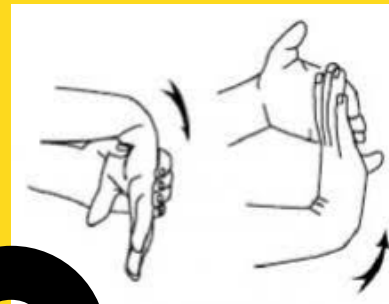
Each stretch hold for 10-15 seconds, repeat 2x



1



2



3



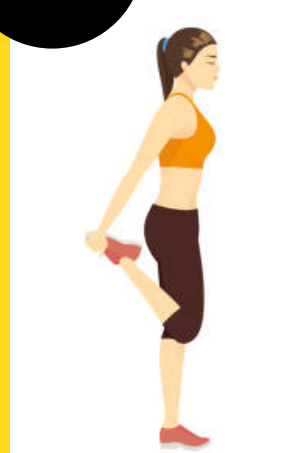
4

# DAY 4 LOWER BODY ONLY SNACK MENU

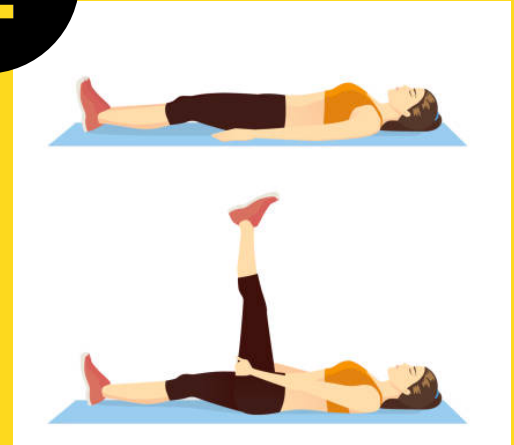
**For today's exercise snack,  
pick 3 lower body stretches**

**Each stretch hold for 10-15  
seconds, repeat 2x**

**1**



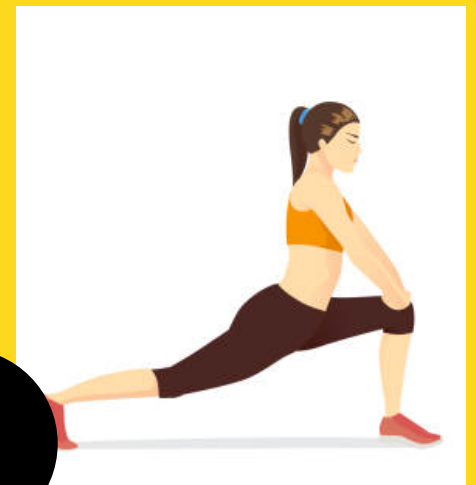
**2**



**3**



**4**



# DAY 5 STOP & SMELL THE ROSES SNACK MENU

**Take your Exercise Snack outside today! Weather permitting, take 5 minutes and enjoy the sunshine. Otherwise, shut your screen for 5 minutes, close your eyes, and listen to some relaxing music.**

