



# The Outline



Canadian  
Cancer  
Society

Healthy  
Workplaces

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# Exercise Snack 5 Day Challenge!

PERFORM EACH DAY'S EXERCISE SNACK AT LEAST 3 TIMES A DAY FOR 3-5 MINTUES.

BELOW IS THE OUTLINE. REFER TO OUR "SNACK TOOLKIT" FOR A BREAKDOWN OF EACH OF THE DAYS.



1

**Pause & stretch:**  
perform 3  
seated stretches  
at your desk.



2

**Work from home  
Cardio:**  
perform 3 cardio  
exercises of your  
choice.

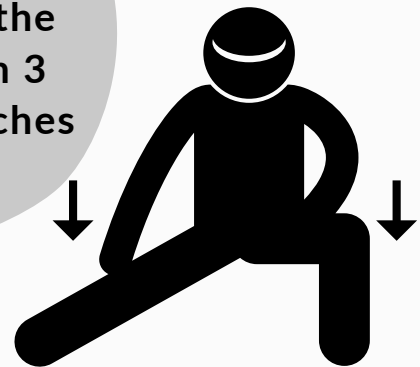
3

**Hydration Stretch  
Station:**  
perform 3 upper body  
stretches taking a  
water break in  
between each



4

**Lower Body Only:**  
take a seat on the  
floor & perform 3  
lower body stretches



5

**STOP & smell the roses:**  
Enjoy the outdoors, take  
5 mins for an outdoor  
walk or meditate.

