



The Benefits



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Breaking up your day with Exercise Snacks



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What is an Exercise Snack?

An 'exercise snack' is a method of structuring exercise into your day in small bouts. Even 5 minutes of exercise every hour or so can increase productivity, mood & focus, and decrease the risk of chronic disease, muscle soreness, anxiety & stress!



Exercise Snacks: The Benefits

Why Stretch?

Stretching regularly can help increase your flexibility, which helps to improve your overall health. Stretching can also help you perform everyday activities with relative ease and reduce signs of aging

Importance of Cardio

Cardio exercises helps to supply your body with more oxygen. With this consistent circulation, your body is providing more oxygen to your muscles, and doing so, simply increases your bodies functioning

Getting outside

Being outdoors and getting your daily dose of sunshine can improve your health and well being. It helps lower blood pressure and reduces stress. Being outdoors can also help to lower levels of cortisol, a hormone that's a marker for stress

Breaks up your day

Incorporating short amounts of exercise throughout the day both increases total activity in your day and breaks up sedentary time. Exercise snacks can be as short as 1 minute at a time to be effective. It can even be as simple as taking a walk across the office to ask your coworker a question rather than sending them a message.

Hydrate

Drinking enough water each day has many benefits such as increasing your energy through out the day and relieving fatigue. Drinking your daily water intake also helps to flush out toxins, help with your skins complexion and increases your focus.

Where can I perform Exercise Snacks?

Exercise Snacks can be performed any where, and at any time. No equipment is required, They can be seated at your desk, standing or even laying down depending on the exercise you're doing. They are meant to break up your day, help you disconnect from your screens and relax your mind and body.

