



Not All Snacks Are Unhealthy... Have You Heard of Exercise Snacks?

When we hear the word **snack**, we usually think of food. But did you know that **exercise snacks** are a thing too?

Exercise snacks are short bursts of physical activity, usually less than a minute at a time, performed throughout the day. Research shows that these brief bouts of exercise can improve heart health, fitness, blood pressure, blood sugar levels, and cholesterol, even when you don't have time for a traditional workout.

The key is intensity. Exercise snacks should get your heart rate above **77% of your maximum heart rate**, meaning you should feel like you're working hard, breathing faster, and unable to comfortably hold a conversation.



Some simple examples include:

- 🏃 Walking briskly up a hill or stairs for 30–60 seconds
- 🪑 Fast sit-to-stands from a chair
- 🚲 A short burst of fast cycling
- 🏃 Quick jogging intervals during a walk

A great starting point is **3–5 exercise snacks per day**, each lasting **30–60 seconds**, spread throughout the day.

So next time you're short on time, remember: a few "exercise snacks" might be all you need to give your health a boost!

