## HAVE YOU TRIED A SNACKTIVITY YET?

A study published in 2019, showed that snacking on exercise significantly improved aerobic fitness and leg strength – without breaking a sweat!

It can be any activity you like, as long as it gets your heart rate up, lasts a minute or two, and happens a couple of times a day. A brisk 2-minute walk around the corridors or outside or 20 burpees; chair squats or calf raises; jumping jacks or jiving around the kitchen.

So, what is an exercise snack? Well, in this study it was quickly walking up and down three flights of stairs, three times a day (morning, lunchtime and late afternoon) for 6 weeks.

If you've got an appetite for something a little more structured, then check out some of our Wellness Coaches favourite workouts you can try from home today. They're a great way to get in a workout from the comfort of your own home that suits your needs and preferences.

Before you participate in any of these workouts, ensure that you are free from injury, have a suitable space to workout, and stay hydrated throughout. You know your body best so please be sure to exercise within your own limits.

### 5 MINUTE WORKOUT

https://youtu.be/Nz8VIBaOmrc

### 10 MINUTE WORKOUT

https://youtu.be/qWFuG2HY2W4

### 15 MINUTE WORKOUT

https://youtu.be/XSIHTSHGSyI

### 20 MINUTE WORKOUT

https://youtu.be/G0fMsdcynBk

### 30 MINUTE WORKOUT

https://youtu.be/hAk0okPt3Ig

### 45 MINUTE WORKOUT

https://youtu.be/43BAQLPpdCs

If you are looking for more workouts just like these, email us at pt@healthoutfit.co.uk and our coaches can even set you up with a personalised exercise programme

Harbour Energy

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