



## 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!

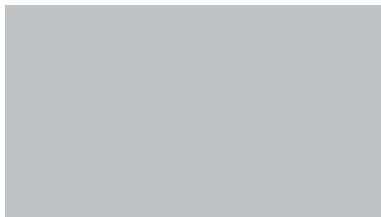
It can be any activity you like, as long as it gets your heart rate up, lasts a minute or two, and happens a couple of times a day. A brisk 2-minute walk around the corridors or outside or 20 burpees; chair squats or calf raises; jumping jacks or jiving around the kitchen.

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.

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.

### 5 MINUTE WORKOUT



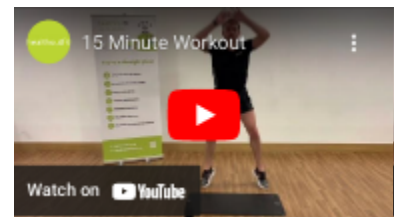
<https://youtu.be/Nz8VIBa0mrc>

### 10 MINUTE WORKOUT



<https://youtu.be/qWFuG2HY2W4>

### 15 MINUTE WORKOUT



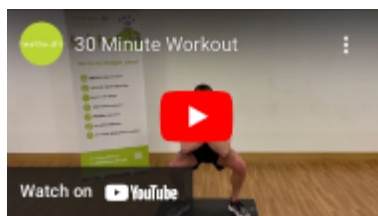
<https://youtu.be/XSIHTSHGSyl>

### 20 MINUTE WORKOUT



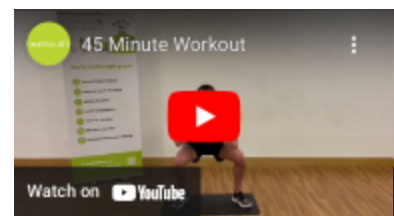
<https://youtu.be/GOfMsd cynBk>

### 30 MINUTE WORKOUT



<https://youtu.be/hAk0okPt3lg>

### 45 MINUTE WORKOUT



<https://youtu.be/43BAQLPpdCs>

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



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