



You do not have to do 30 minutes of activity all in one go!  
Activity can be broken into snack-size pieces (10 minute intervals):  
a **SNACKTIVITY**.

Check out the Snacktivity ideas for inspiration to

*get up, get out... get active!*

## Home

### 1. Phone walk

Use the cordless and walk around whilst you are on the phone.



### 2. Home walking circuit

Set out a walking route in and around your home. Measure it out so you know how many times around makes a kilometre.



### 3. Dance

Put on some music and dance! You can try some new dance moves whilst cleaning - the mop or broom could prove a great dance partner.



### 4. Stretch

Stretch! Stretching helps to develop and maintain muscle fitness. Regular stretching improves flexibility, coordination and muscle tone.



### 5. Abdominal squeeze

When sitting at the table or walking around the house... suck it in. It does wonders for your posture and strengthens that hard-to-control area!



### 6. Work your legs

When you're on the phone or watching TV, stand up and sit down several times. It's great for your legs! Try some squats when hanging the washing.



### 7. Garden

Get out in the garden and plant some of your favourite veges. If you don't have a backyard look on the GCCC website to locate a community garden.



### 8. Play

If you have children or a pet *get up, get out... get active* with them! 10 minutes in the yard or local park will fly by!



### 9. Park further away

If you can not walk to the shops or your desired destination, park your car further away from the entrance.



### 10. Be active whilst watching TV

Yes, set the stationary bike up in front of the TV... There are many exercises you can do: lift some weights, try a floor routine. Ditch the remote!

