



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!*

## Seniors

### 1. On the phone

Have a portable phone? Walk while you talk!

SENIORS



### 2. Play with your grandchildren!

Try to find your children or grandchildren in a game of hide and seek!  
They love games and playing with you!

SENIORS



### 3. When waiting for an appointment

Use this opportunity to stand, stretch or move rather than sit when waiting for a prescription or for a doctors appointment.

SENIORS



### 4. Cleaning the house

Vacuuming, sweeping or washing windows!  
You probably didn't realise that you are adding small bite size bits to your 30 minutes of physical activity!

SENIORS



### 5. Watering the garden

Water the garden yourself with a watering can or hand held trigger nozzle hose rather than using an automatic system.

SENIORS



### 6. Waiting for the microwave

Waiting for the microwave to finish? Try to see how long you can stand on one leg! When one leg gets tired, swap legs. Hold onto the bench for balance.

SENIORS



### 7. Use a wooden spoon or whisk!

Most people use a blender when preparing food. Why not use this time to get 5-10 minutes of physical activity in by mixing with a wooden spoon or whisk!

SENIORS



### 8. Take the dog for a walk

Dogs need to be active too. Your little loyal friend will be happy to join you on a short walk around the block. You could even take your neighbours dog!

SENIORS



### 9. During the advertisements

During the advertisements get up off the couch! Walk around, jump up and down or stretch!  
Use this time to  
*get up... get active!*

SENIORS



### 10. Collecting the Newspaper

Walk or cycle every morning to collect your paper....  
*get up, get out ...*

*get active!*

SENIORS

