



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!

Workplace

1. Walk on the phone

Every time you're on the cordless or the mobile, walk while you talk!



2. Office walking circuit

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



3. Take the stairs

Don't waste time waiting for the lifts. Take the stairs - you'll feel much better for it.



4. Work your legs

When you're talking on the phone, stand up and sit down several times. It's great for your legs.



5. Abdominal squeeze

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



6. Walk an email or phone call

Take the opportunity to use your legs and get face-to-face by walking around to talk to a work-mate rather than emailing them.



7. Park your car further from work

Use a car park further away from work, so you can walk. It's a great way to get in the mood for work - and to get it out of your head at the end of the day.



8. Walk for your coffee break

Get up, get out...get your coffee to take-away. Find the perfect coffee that is only a five minute walk away.



9. Stretch

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



10. Share workplace snacktivities

Share workplace snacktivities! Your colleagues may have some great ideas to share with you. Together we can inspire each other to *get up... get active!*

