

What Are Exercise Snacks And Should You Be Doing Them?

You may be thinking that this article is about protein bars and shakes or even fruits and vegetables, but the term "exercise snacks" has become a popular term in the health and fitness world over the last couple years and it has something entirely different in mind.

The term "exercise snacks" refers to brief bouts of exercise that are easily accessible and can be performed throughout the day and in most cases without the need for any fancy equipment. Usually these "exercise snacks" last less than a couple of minutes but are high-intensity. These activities can help to reduce the amount of time we are sedentary throughout the day which in turn helps to increase our overall energy levels and improve our overall health. Like we are tempted to eat snacks throughout the day, these "exercise snacks" are to be performed regularly, multiple times per day, each day of the week.

Research has shown that "exercise snacks" have many positive health benefits. These exercises help increase your heart rate which will improve your cardiovascular function, increase your blood flow and circulation, and help manage your blood sugar levels. Additionally, the repeated muscle contraction will improve your strength, flexibility, and endurance.

Convinced that these benefits are worth it? Here are a few things that you can try yourself!

- Stand up and sit down from a chair repeatedly, using your hands only if you need to
- Climb up and down a few flights of stairs
- Go on a walk, but increase your pace
- Try jumping jacks
- Do push-ups, using a chair or counter-top if necessary
- March in place, lifting your knees as high as you can
- Get up and down from the floor

Exercise until you are too tired to continue safely or until you feel like you need a break to recover. You are likely to be surprised at how quickly you will achieve that intensity. Get up and get your body moving every day! Do any of these exercises seem intimidating or scary to you? Do any of them cause you to experience aches or pains? Are you afraid of falling while exercising or completing daily living tasks? Ask one of our Physical Therapists to determine which treatment options are best for you.



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