

Exercise Snacking Instructions

Department for
Health



1. What is exercise snacking?

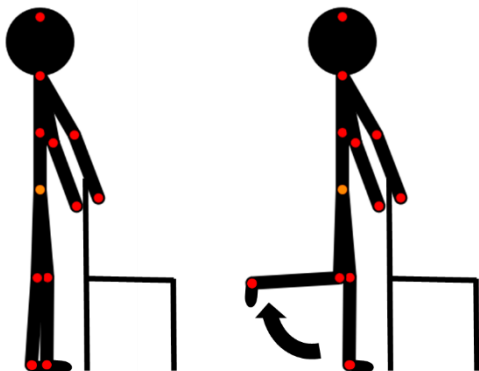
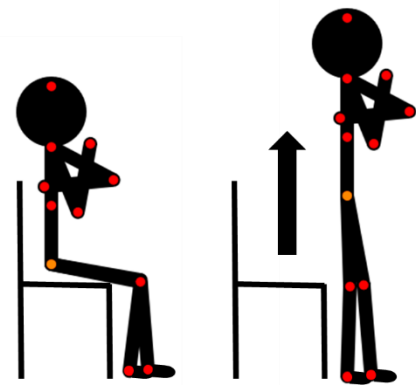
This is a method of structuring exercise into short bouts that are performed twice a day, with 5 minutes of exercise and 1 minute of rest between each exercise. The exercises themselves are safe for the home and don't require a warm-up before starting. The exercises do not require any sports clothing or equipment; just a kitchen chair.

2. How is the exercise performed?

During each exercise bout, spend one minute performing each of the five exercises detailed below. Complete repetitions of each exercise at a self-selected pace that is comfortable to maintain for the full minute, with the aim being to complete as many repetitions as possible in that minute. If your legs begin to feel unduly sore during the any of the exercises, you may of course stop that exercise at that time. Take one minute between each exercise to rest.

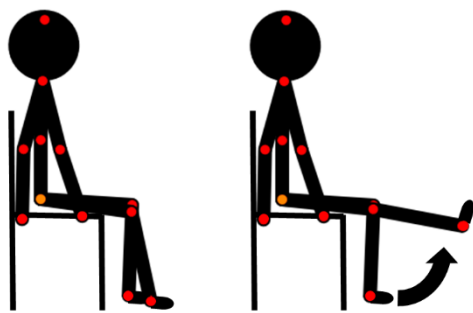
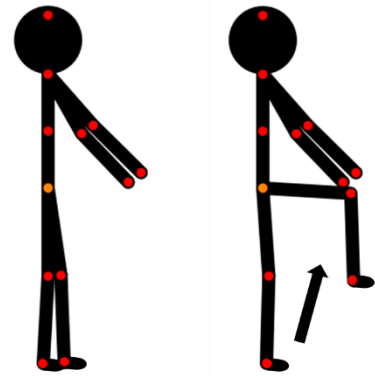
3. What is the exercise snacking routine?

- **Sit-to-stand:** This exercise is simply repetition of rising from an up-right seated position on a kitchen chair, and then returning to the seated position. Try to keep your arms folded across your chest to avoid using your arms to aid rising from the chair, making sure that your legs are doing the work. We suggest that this always be the first exercise performed in the routine, and recording the number of sit-to-stands performed in the minute each time lets you track your progress.



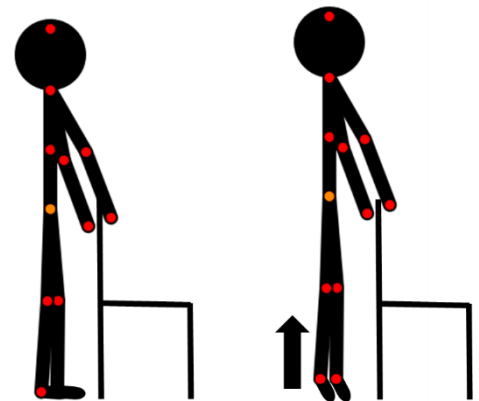
- **Standing knee bends:** Standing up-right and holding onto something stable for balance if needed, raise one foot at a time by bending your knee to roughly a right angle. Then return that foot to the floor, regain your balance if necessary, and repeat with the opposite leg.

- **March on the spot:** Standing up-right, put your arms out in front of you and your hands roughly at waist height, raise one leg up by bending your knee and hip as per the diagram. Aim to get your thigh as close to horizontal as possible, with the top of your thigh touching your hands, then return to a standing position, regain balance if necessary, and repeat with the other leg. If you struggle with balance, you can hold onto something stable like the back of a chair with one hand.



- **Seated leg kicks:** Sitting up-right in a chair, straighten your knee to raise your leg out in front of you at a controlled speed, and then return that leg to the starting position, and repeat using the other leg. If you have quite long legs, it may help to place a rolled up towel under your thigh to raise your knee a little higher in the start position.

- **Standing calf raises:** Start with your feet flat on the floor and rise up onto your tip-toes as high as you can, then return to the start position with feet flat on the floor. It is advisable to hold onto something stable like a chair, table, or door frame to maintain balance. Perform the raises on both legs at the same time, and try to complete as many as you can in a minute, and then rest for a minute.



4. What are the risks of performing the exercise?

As with any exercise, you are likely to feel tired towards the end of the session and in the time straight afterwards. However, the principle of exercise snacking is that the bouts should not be excessively demanding, with each exercise of the regime performed for only one minute at a self-selected repetition speed. The primary risk when performing the exercise is loss of balance during the standing exercises. This risk can be mitigated by performing the movements at a controlled, and by holding onto a stable object such as a chair, table, or door frame. This exercise regime has been designed specifically to avoid any cardiovascular load, as might be experienced during running. If your legs begin to feel unduly sore during the any of the exercises, you may of course stop that exercise at that time.