



J.B.BODA



**WHealth**

Health - Your Ultimate Wealth

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## Snack Your Way to Better Health: The Power of Exercise Snacking!

The idea that effective exercise requires long, structured sessions is rapidly being challenged. A growing concept known as exercise snacking is changing how we think about physical activity — favouring brief, frequent bursts of movement over traditional workouts. This approach offers a practical, time-efficient way to improve health and fitness, making it especially appealing for those with demanding schedules and limited time.



### Why Exercise Snacking Works



**Short Duration:** Just a few seconds - minutes.



**Breaks the Sitting Cycle:** Offsets long sedentary periods.



**Repeat Often:** Done multiple times a day.



**Metabolism Support:** Helps manage blood sugar and energy.



**Easy Access:** Do it anywhere - home, office, even commuting.



**Strength & Stretch:** Builds muscle and improves flexibility.

## Simple Exercise Snacks to Try Anytime



Do squats regularly to stay active



Squeeze in push-ups for a quick energy boost



Hold a plank before meals to strengthen your core



Climb stairs quickly to get your heart pumping



Do jumping jacks to keep your body moving

## Bite-Sized Fitness, Big Benefits



## Who Is It For?



People with  
sedentary jobs



Beginners intimidated  
by long workouts



Those who struggle to  
find time for exercise



Older adults needing  
manageable, frequent movement



## Big Benefits from Small Moves: The Power of Exercise Snacking Across Lifestyles and Conditions

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### Home-Based Resistance Snacking in Older Adults

Short, frequent strength exercises like squats or wall push-ups help older adults maintain muscle, reduce fall risk, and stay independent—no gym needed.



### Glycaemic Control in Insulin-Resistant Individuals

Brief activity after meals can lower blood sugar spikes, making glucose control easier for those with insulin resistance or pre-diabetes.



### Cognitive & Mood Enhancement at the Workplace

Quick movement breaks during work—like stretches or stairs—boost focus, reduce fatigue, and lift mood for better productivity.



### Pain, Fatigue & Mood in Knee Osteoarthritis

Gentle, regular movements ease joint stiffness, reduce pain, and improve mood without straining the knees.



### Cardiorespiratory Benefits from Very Short Bursts

Just 1–2 minutes of high-intensity activity can improve heart and lung function, proving short workouts still deliver big results.

## Ready to Start Snacking?

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The beauty of exercise snacking is its simplicity and flexibility. There are no strict rules, just opportunities to move more throughout your day. Start small, be consistent, and you'll soon discover the incredible benefits this approach can bring to your overall wellness.





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