



7 Movement Snacks

Use these movement snacks to counteract the effects of sitting.
Try a different one every hour, for just 30–60 seconds.

THE ROTATIONAL SLAP:

First one is the rotational slap. Start with the arms totally relaxed. Twist at the waist and the hands are slapping the body.

SKATERS:

Think ice skating. We are bringing one leg behind the other leg. Step back as far as you are able. Repeat with the other leg.

LATERAL WALK:

Stand straight with your feet perfectly straight, not pointed out. Move two or three steps to the right, keeping your feet straight. Repeat when moving left.

HIGH KNEES:

Stand with legs hip distance apart, feet pointing straight ahead. Alternate lifting each one to a 90-degree bend.

FLYING SWORD:

Standing straight with soft knees. Interlace your fingers and start with your hands low. Keeping them interlaced, bring your arms straight up to overhead while lifting the chin to the ceiling.

SWINGING BAMBOO:

Legs shoulder distance apart and start with your right hand splayed on your left hip. Cross your body with a straight arm and arm up in a completely open hero pose. At the top, make sure to keep your shoulders down and open your body. Eyes follow the hand. Repeat for 10–15 seconds and then switch sides.

WALL WALK:

The secret here is to walk your hands up the wall slowly, as far as you can, and then elevate your shoulder blades. Bring them down and repeat.