



HOMEPLAY

Hungry for Movement Snacks

Exercise and sports are great for fitness, but it is also important to take movement snacks (breaks) throughout the day, especially if you've been sitting for a long time. Movement snacks are mini-workouts that you can do any time. Planning a few movement snacks throughout the day will get you up and away from your chair, desk, or screen.

- Movement is good for your **brain**: it gets the blood flowing and oxygen to your brain which helps you think, solve problems, and come up with new ideas.
- Movement is good for your **body**: it keeps your muscles moving so you don't get stiff or sore in your back, neck or hips.
- Movement is good for your **mood and energy**: it makes you feel better and happier!

Let's plan some Movement Snacks!

STEP 1

Put a checkmark next to which time(s) you would like to try a movement snack.

This week I will take a movement snack when (choose 1 or 2):

I've been sitting for 1 hour or more

At _____ each day
(time)

Other: _____
(fill in the blank)

STEP 2

Identify what and who will help you with your movement snacks.

In order to be prepared for my movements snacks I will need:

- A watch or timer
- Shoes if walking outdoors
- If I need help with movement snacks I will ask _____
to help me. (name)
- _____
(fill in the blank)

STEP 3

Practice the movement snacks below.

Wring it Out

Sit on the floor with a tall spine. If available, or doing the activity at a home, you can sit on the edge of a chair with your feet touching the floor.

Like a wet towel, “wring out” the tension in your back and stretch your spine in three different ways:



1. **Torso Twists:** Place your hands on your shoulders and gently rotate your upper body right and left to give your spine a nice stretch.



2. **Side Bend:** Raise one arm up and reach the other arm down as you bend towards the bottom hand.



3. **Rounded Back:** Stretch your arms out in front of you. Round your back like an angry cat. Tuck your chin toward your chest and look down.

Do each stretch in order, for 45 seconds each. Repeat all stretches so they are done twice.

Walk and Watch

Walk around your home or go outside and explore your community. Circle the item from the list below that you will watch for, or ask a someone in your home to help you choose one.

While I am walking, I will watch for items that are:

- Soft
- Hard
- My favorite color
- Smell nice
- Look nice
- Make me smile



MAKE IT A HABIT

My Movement Snack Plan:

I will do a movement snack _____
(before or after)

(name of activity)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**