

WELLNESS HABITS

Recharge Your Day: Movement Snacks Guide

Quick, desk-friendly stretches for energy and comfort.

Our modern lives often keep us seated for extended periods, but your body is designed for movement. This guide introduces 'movement snacks' — simple, short bursts of activity you can do right at your desk. They're designed to help you feel more energetic, comfortable, and focused throughout your busy day, without needing to step away.

The Sedentary Slowdown

Prolonged sitting can leave us feeling stiff, tired, and mentally foggy. Our bodies thrive on regular movement to maintain circulation, muscle flexibility, and a sense of well-being. Even short breaks can make a big difference in how you feel from head to toe.

- Boosts circulation
- Soothes stiffness
- Enhances mental clarity

Body's Need

Your body loves movement; even small bursts make a big difference.

DAILY MOVEMENT MATTERS

20-30 min

daily moderate activity goal

Every 60-90 min

stand up and move

What Are Movement Snacks?

Think of movement snacks as mini-workouts – 1-5 minute bursts of gentle stretching or light activity. They're designed to be easily woven into your day, like a quick break between tasks or during a short call. No special equipment or attire is needed, just a mindful moment for your body.

- ☐ Quick (1-5 minutes)
- ☐ No equipment needed
- ☐ Can be done anywhere
- ☐ Boosts energy and focus

Tiny Habits, Big Impact

Consistency with small movements is more beneficial than occasional intense workouts.

THE MOVEMENT SNACK FLOW

1

Notice stiffness



2

Take 1-5 min break



3

Stretch or move gently



4

Return refreshed

Upper Body Recharge

Our neck, shoulders, and upper back often bear the brunt of desk work, leading to tension and discomfort. These simple stretches can help release that tightness, improve posture, and bring a refreshing sense of ease to your upper body. Remember to breathe deeply with each movement.

- Neck rolls (slow, gentle circles)
- Shoulder shrugs (up, back, down)
- Chest opener (interlace hands behind back, gently lift)

Breathe Easy

Deep breathing enhances stretches and calms your mind.

UPPER BODY BOOSTERS

Area	Movement
Neck	Gentle tilts side-to-side
Shoulders	Arm circles forward & back
Upper Back	Seated cat-cow

Lower Body & Core Wake-Up

Long periods of sitting can make hips tight and core muscles less engaged. These micro-movements awaken your lower body and gently activate your core, promoting better circulation and helping to prevent that heavy, sluggish feeling in your legs. Engage your muscles mindfully.

- ☐ Seated leg extensions (one leg at a time)
- ☐ Ankle circles (both directions)
- ☐ Glute squeezes (while seated)

Hydrate & Move

Drinking water and moving helps keep your joints lubricated.

FROM STILLNESS TO SUPPLENESS

Crossed legs



Feet flat, hip-width apart

Slouched posture



Tall spine, engaged core

Static sitting



Gentle leg lifts / ankle rolls

Weaving Movement into Your Workflow

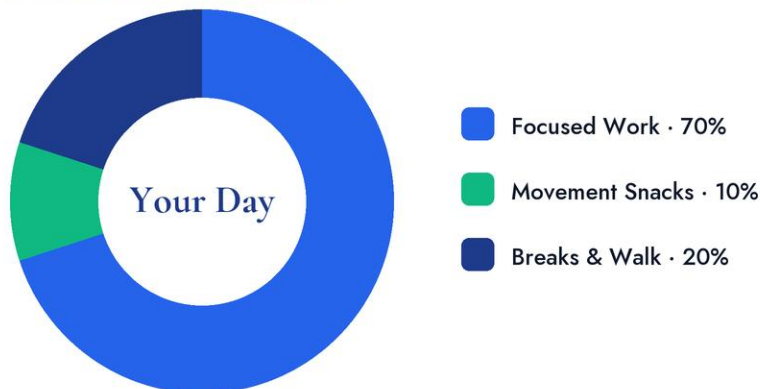
The key to making movement snacks a habit is integration. Set gentle reminders, use natural breaks in your day, or link them to existing routines like fetching water or answering a call. Even a minute or two every hour adds up to significant benefits for your body and mind.

- Set a timer for every hour
- Stand during phone calls
- Walk to a colleague instead of emailing

Consistency Counts

Small, regular movements are more effective than sporadic bursts.

DAILY MOVEMENT MINDSET



Beyond the Desk & Into Life

While desk movements are great, remember to embrace movement in your entire day. Choose stairs over elevators, walk shorter distances, and incorporate light activity into your leisure time. Each choice to move contributes to your overall vitality and well-being.

- ☐ Take the stairs
- ☐ Park further away
- ☐ Walk during lunch
- ☐ Stretch while watching TV

Listen to Your Body

Pay attention to what feels good and what your body needs.

ACTIVE LIVING CHOICES



Key takeaways

- 1 Prolonged sitting can lead to stiffness and low energy.
- 2 Movement snacks are 1-5 minute bursts of gentle activity.
- 3 Target neck, shoulders, back, hips, and legs with simple stretches.
- 4 Integrate movement into your routine using reminders and breaks.
- 5 Consistency in small movements brings greater benefits.
- 6 Embrace opportunities to move throughout your entire day.

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DEMOCRATISING MEDICAL INTELLIGENCE

By making these small, mindful movements a regular part of your day, you're investing in your energy, comfort, and overall well-being. Start today, one movement snack at a time, and feel the difference.

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