



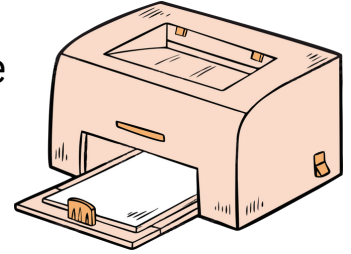
# Activity snacking

Pair up the activity 'snack' with the everyday habit you will tack it on to:

15 squats



waiting for the printer



15 press-ups against the wall / kitchen counter / windowsill



while the kettle boils



Sit to stand 5 times



waiting for the next call



Stand on one leg for 2 minutes



while a website loads

Loading...



8 tricep dips against the kitchen counter



comfort break



12 standing or seated leg raises



My own idea is:



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