

À La Carte Movement Snack Menu Options*

Mix, match, and create new recipes!

Customize your menu!

One-Minute Quickie Snack

Take one minute to do whatever movement feels best and works in that moment! Options? Creativity is the limit! Walk stairs, jog in place, wiggle like a four-year-old, do jumping jacks, do a favorite move from class. Think of how these one-minute quickies can add up throughout the day! Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Boogie Break

Break up sedentary work sessions with a quick dance session in the privacy of your office/home or rustle up a partner or the whole office! Pick a song that literally moves you and dance like no one is watching! Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Long Cut

Take a long cut instead of a short cut. Intentionally take a longer walking route to a destination to build in more time to move. All movement counts. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Phone Moment

When you're talking on your phone, get up and move around. Water plants. Start a meal. Feed a pet. Go up and down the stairs. Take a walk around the block. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Active Wait

When kids are playing organized sports, use the opportunity to be active, too. Walk around the perimeter of the park or area. Walk and talk with other parents or friends. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Couple's Cruise

Grab some alone time with your partner and taking a walking cruise instead of dinner and a movie. Or tag the cruise onto the beginning or end of dinner out with a walk and talk. People watch. Hold hands. Chat. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Green Getaway

Get outside! Smell the fresh air! Nature in the form of the ocean, a lake, mountains, city parks, pocket parks, green belts, backyards, etc.... they all count! Walk around, move your body, and engage with green spaces to get an immediate mood boost. Notice how you feel afterward. Adjust your snack ingredients for the next time.

Open a Movement Gift

This movement gift is time you're consciously giving yourself permission to connect your mind, body, and environment. Maybe it's a taking a fitness class. Maybe it's just going to the park to run, walk, bike, or walk with a friend. Do something that makes YOU feel nurtured. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The TV-Time Donation

Assess your TV screen time sitting budget and allocate some of your precious resource of time to taking a walk, solo, with a friend, a pet, or the family. Maybe combine a smorgasbord of movement snacks that feel joyful, peaceful, or rejuvenating. Notice how you feel afterward. Adjust your snack ingredients for the next time.

Friend Fitness Snack

Move with a friend while walking, biking, or taking a class. If you're having coffee, get it to go and sip and stroll! You're likely to do the activity for longer because it's fun! Notice how you feel afterward. Adjust your snack ingredients for the next time.

Family Fun Snack

Bond with your family through movement. It can be structured fun (a bike ride), raucous fun (like bouncing around on the trampoline), or leisurely fun like an evening stroll. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Work-Walk Snack

Take your meeting outside when possible. Walk and talk. Notice how you feel afterward. Adjust your snack ingredients for the next time.

The Recess Snack

Fun isn't for kids. Schedule movement fun in your day. If your work is sedentary in nature, set a timer to help remember. Notice how you feel afterward. Adjust your snack ingredients for the next time.

Office Snack

Stretch periodically. Get out of your chair. Walk the stairs instead of taking elevators. Try standing desks if it works for you. Notice how you feel afterward. Adjust your snack ingredients for the next time.

Walk the Airport Snack

Walk around while waiting for your flight (as opposed to just sitting at the gate). Notice how you feel afterward. Adjust your snack ingredients for the next time.

Airplane Snack

Walk the length of the plane when appropriate. Stuck in the seat? Do some knee lifts. Flex and extend your ankles to stretch and contract the calf and keep venous blood flow back to the heart (good for avoiding deep vein thrombosis). Do seated stretches. Adjust your snack ingredients for the next time.