



EXERCISE SNACKS

Small movements. Big impact. Built into real life.

What are exercise snacks?

Exercise snacks are short, simple movement breaks—usually **30 seconds to 5 minutes**—done throughout the day.

They are **not workouts**.

They are **small, intentional movements** that help your body maintain strength, balance, circulation, and function.

Why exercise snacks work

Your body responds best to **frequent signals**, not occasional extremes.

Even brief movement:

- Maintains and builds muscle
- Improves blood sugar regulation and metabolism
- Supports joint stability and bone health
- Improves balance and reduces fall risk
- Reduces stiffness, back pain, and deconditioning
- Supports long-term independence as we age

You do **not** need to sweat or feel exhausted for this to count.

Why small + consistent is powerful

Every time you:

- stand up from a chair



- push against a wall
- hold yourself steady on one leg

your body receives the message:

“This strength matters.”

Over time, those signals add up.

Consistency beats intensity.

LOWER BODY

Chair Squats

▶ <https://www.youtube.com/watch?v=UXJrBgl2RxA>

How to do it

- Stand in front of a chair with feet hip-width apart
- Push hips back and bend knees to lightly touch the chair
- Press through heels to stand back up

Posture cues

- Chest tall, shoulders relaxed
- Knees track over toes (do not collapse inward)
- Weight in heels, not toes

Common mistakes

- Rounding the back
- Knees caving inward
- Dropping quickly instead of controlled movement

Why it matters: Builds leg strength, supports knees and hips, improves daily function.

Wall Sit

▶ <https://www.youtube.com/watch?v=y-wV4Venusw>



How to do it

- Stand with back against a wall
- Slide down until thighs are angled comfortably (not forced)
- Hold and breathe

Posture cues

- Back fully supported by the wall
- Knees stacked over ankles
- Relax shoulders and jaw

Beginner option: Hold higher (less bend in knees).

UPPER BODY

Wall or Counter Push-Ups

► <https://www.youtube.com/watch?v=YB0egDzsu18>

How to do it

- Hands on wall or counter at chest height
- Body in a straight line from head to heels
- Bend elbows to lower chest toward hands
- Push away to straighten arms

Posture cues

- Core gently engaged
- Elbows angled slightly back (not flared wide)
- Neck long, eyes looking down

Common mistakes

- Sagging hips
- Shrugged shoulders
- Locking elbows forcefully

Why it matters: Strengthens arms, chest, shoulders, and posture muscles.



Chair Triceps Dips

► <https://www.youtube.com/watch?v=6kALZikXxLc>

How to do it

- Hands on chair edge, fingers forward
- Slide hips slightly off chair
- Bend elbows to lower body
- Press through palms to rise

Posture cues

- Elbows point straight back
- Chest open
- Small range of motion is fine

Beginner option: Keep feet closer and limit depth. OR just hold yourself on the chair for a few seconds at a time *without* trying to lower yourself or move your arms.

CORE & STABILITY

Bird Dog

► <https://www.youtube.com/watch?v=wiFNA3sqjCA>

How to do it

- Start on hands and knees
- Extend opposite arm and leg
- Hold briefly, then switch sides

Posture cues

- Spine neutral (flat back)
- Hips and shoulders stay level
- Slow and controlled

Common mistakes

- Arching the lower back
- Rushing through reps



Why it matters: Supports spine, reduces back pain, improves balance.

Beginner option: stay on all fours and support yourself

Modified Plank

► https://www.youtube.com/watch?v=ASdvN_XEI_c

How to do it

- Knees down, forearms or hands on floor
- Body in a straight line
- Hold while breathing calmly

Posture cues

- Gently draw belly in
 - No sagging or lifting hips
 - Neck neutral
-

BALANCE & MOBILITY

Single-Leg Balance

► <https://www.youtube.com/watch?v=0qzX2L8X5Vk>

How to do it

- Stand tall near a wall or chair
- Lift one foot slightly
- Hold, then switch sides

Posture cues

- Tall spine
- Soft knee on standing leg
- Eyes forward

Progression

Light fingertip support → no hands.



Calf Raises

► <https://www.youtube.com/watch?v=-M4-G8p8fmc>

How to do it

- Stand tall, feet hip-width
- Slowly rise onto toes
- Lower with control

Posture cues

- Even weight on both feet
- Slow lowering phase

Why it matters

Supports ankle strength, balance, and circulation.

BEGINNER GUIDELINES

If you are new, recovering, or fatigued:

- Choose **1 movement**
- Do **5–10 reps or 15–30 seconds**
- Focus on posture, not effort
- Build gradually

Consistency > intensity.

5-MINUTE DAILY ROUTINE (OPTIONAL)

A gentle, full-body reset

1 minute – Chair Squats

► <https://www.youtube.com/watch?v=UXJrBgI2RxA>



1 minute – Wall Push-Ups

▶ <https://www.youtube.com/watch?v=YB0egDzsu18>

1 minute – Bird Dog

▶ <https://www.youtube.com/watch?v=wiFNA3sqjCA>

1 minute – Calf Raises

▶ <https://www.youtube.com/watch?v=-M4-G8p8fmc>

1 minute – Single-Leg Balance

▶ <https://www.youtube.com/watch?v=0qzX2L8X5Vk>

✓ No equipment

✓ Low impact

✓ Can be split throughout the day

REMEMBER

- You don't need to do all of these
- You don't need to do them perfectly
- Doing a few **well and often** is enough

IMPORTANT SAFETY NOTES

- Mild muscle effort is normal; **sharp pain is not**
- Move slowly and with control
- Modify range of motion as needed
- If you have joint pain, dizziness, or recent surgery, ask before starting

BOTTOM LINE



Your body doesn't need punishment—it needs **regular support**.

Exercise snacks are a simple, accessible way to build strength and resilience that actually fits real life.

TIERED OPTIONS

Choose the level that feels supportive today

Important note for patients: All levels count. Choose the one that feels steady, controlled, and pain-free.

LOWER BODY

Chair Squats

Level 1 (Beginner / Low Energy)

- Sit all the way down, then stand up
- Use hands on thighs or chair arms if needed
- 5–8 reps

Level 2 (Standard)

- Lightly tap the chair, then stand back up
- No hands
- 8–12 reps

Level 3 (More Challenge)

- Pause briefly just above the chair before standing
 - Slow, controlled movement
 - 10–15 reps
-

Wall Sit

Level 1

- Slide down slightly (not a deep bend)
- Hold 15–30 seconds

Level 2

- Thighs angled more parallel to floor
- Hold 30–45 seconds

Level 3

- Deeper sit or longer hold
 - 45–60 seconds
-

UPPER BODY

Wall or Counter Push-Ups

Level 1

- Hands on wall, feet closer to wall
- 5–8 reps

Level 2

- Hands on counter or sturdy surface
- Body in straight line
- 8–12 reps

Level 3

- Feet farther back for more load
 - Slower lowering phase
 - 10–15 reps
-

Chair Triceps Dips

Level 1

- Very small bend in elbows
- Feet close to chair
- 5–8 reps

Level 2

- Moderate bend in elbows
- Feet slightly farther away
- 8–12 reps

Level 3

- Deeper bend if comfortable
 - Slow, controlled motion
 - 10–15 reps
-

CORE & STABILITY

Bird Dog

Level 1

- Stay on all fours
- Lift **one arm OR one leg at a time**
- Hold 2–3 breaths

Level 2

- Extend opposite arm and leg
- Brief hold
- Switch sides

Level 3

- Extend opposite arm and leg
 - Hold longer (5–10 seconds)
 - Very slow transitions
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Modified Plank

Level 1

- Hands on counter or wall
- Body in straight line
- Hold 15–30 seconds

Level 2

- Knees down on floor
- Forearms or hands
- Hold 20–45 seconds

Level 3

- Knees down, longer hold or slow shoulder taps
 - 30–60 seconds
-

BALANCE & MOBILITY

Single-Leg Balance

Level 1

- Hold onto chair or wall
- One foot lightly lifted
- 15–30 seconds

Level 2

- Fingertips only or no hands
- 30–45 seconds

Level 3

- No hands
 - Turn head slowly side to side
 - 45–60 seconds
-

Calf Raises

Level 1

- Hold onto support
- Slow rise and lower
- 8–12 reps

Level 2

- Light fingertip support
- Controlled movement
- 12–20 reps

Level 3

- One leg at a time (if comfortable)
 - Very slow lowering
 - 8–12 reps per side
-

HOW TO USE THE LEVELS

- Levels are **not rankings**
 - They are tools for different days
 - It's normal to move between levels based on:
 - Energy
 - Pain or stiffness
 - Sleep
 - Stress
 - Hormones
-

KEY REMINDER

You don't need to:

- Do every exercise
- Reach Level 3
- Progress quickly

Doing Level 1 consistently is far more powerful than Level 3 occasionally.

LYMPH + FASCIA EXERCISE SNACKS

Gentle, rhythmic movements that help your body feel lighter, looser, and more supported

Why focus on lymph + fascia?

Your lymphatic system and fascia are part of your body's **movement-dependent circulation system**.

- Lymph has **no pump** (unlike the heart)
- It relies on **muscle contraction, breathing, posture, and rhythm**
- Fascia responds best to **slow, elastic, multidirectional movement**

These exercise snacks use **gentle repetition and rhythm** to support:

- Circulation and fluid movement
- Reduced heaviness or stiffness
- Joint lubrication and tissue glide
- Nervous system calming through repetitive motion

You should feel **warm, loose, and energized**—not exhausted.

How to use these exercise snacks

- Choose **1–3 movements**
 - Perform **30 seconds to 3 minutes each**
 - Keep effort at **4–6/10**
 - Breathe comfortably throughout
 - Daily consistency matters more than volume
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EXERCISE SNACK MENU

Inspired by rhythmic, lymph-supportive movement

1. Body Bounces

(Foundational lymph movement)

How

- Stand tall with feet hip-width
- Gently bend and straighten knees
- Heels may lightly lift or stay grounded
- Keep movement springy, not forceful

Posture cues

- Soft knees
- Relaxed jaw and shoulders
- Spine tall but not rigid

Why it helps

- Gentle compression helps move lymph upward
- Stimulates circulation without strain
- Wakes up fascia in legs and pelvis

Snack dose

- 30–90 seconds
- Can be repeated multiple times/day

2. Body Bounces with Hip Rotation

(Pelvic + lower body drainage support)

How

- Add gentle side-to-side or circular hip motion
- Let arms swing naturally

Posture cues

- Small, easy range
- Movement feels fluid, not forced

Why it helps

- Encourages pelvic and hip mobility
- Supports lower-body fluid movement
- Helps fascia around hips and low back stay elastic

Snack dose

- 60–120 seconds
-

3. Trunk Twists

(Spinal rotation + tissue hydration)

How

- Stand with feet hip-width
- Gently rotate torso side to side
- Arms swing freely like pendulums

Posture cues

- Movement starts from ribcage, not arms
- Hips stay mostly forward
- Neck stays relaxed

Why it helps

- Rotation supports spinal fascia and rib mobility
- Encourages circulation through trunk
- Helps counter prolonged sitting or stiffness

Snack dose

- 20–50 slow reps or ~1 minute
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4. Arm Raises

(Upper-body circulation + posture)

How

- Slowly raise arms overhead
- Lower with control
- Keep shoulders relaxed

Posture cues

- Ribs stacked over pelvis
- Avoid shrugging
- Breathe naturally

Why it helps

- Shoulder movement assists lymph flow in upper body
- Supports posture after desk or phone use
- Improves tissue glide in chest and shoulders

Snack dose

- 10–30 reps
-

5. Arms Up & Down with Thumbs Up

(Shoulder + neck-friendly variation)

How

- Thumbs point upward as arms lift and lower
- Move slowly and symmetrically

Posture cues

- Neck long
- Shoulders down and wide

Why it helps

- Encourages external shoulder rotation
- Supports healthy shoulder mechanics
- Often more comfortable for sensitive necks

Snack dose

- 20–40 reps

6. Marching in Place

(Lower-body pump + balance)

How

- March slowly, lifting one knee at a time
- Arms swing naturally

Posture cues

- Upright torso
- Soft landing through feet

Why it helps

- Alternating leg motion supports lymph return
- Improves circulation and coordination
- Easy way to reset after sitting

Snack dose

- 30–90 seconds
-

7. Gentle Body Waves

(Fascial hydration + nervous system support)

How

- Initiate movement from knees → hips → spine → chest
- Let motion ripple upward and down

Posture cues

- No forcing
- Smooth, continuous motion

Why it helps

- Fascia responds to wave-like motion
- Helps reduce stiffness and tension

- Often calming for the nervous system

Snack dose

- 30–60 seconds
-

BEGINNER OR LOW-ENERGY VERSION

If you're new, fatigued, or recovering:

- Choose **1–2 movements**
- Use **very small ranges**
- Perform seated or holding a chair if needed
- Stop before fatigue

Even **1–2 minutes** still counts.

What this should feel like

- ✓ Light warmth
- ✓ Looser joints
- ✓ Easier breathing
- ✓ Reduced heaviness

Not soreness.

Not exhaustion.

Not pain.

Bottom line

These movements work because they:

- Use rhythm instead of force
- Support circulation through motion

- Respect how lymph and fascia actually function

Small, gentle movement done consistently can have meaningful impact.



What felt better this week?

What felt hardest or most disruptive?

How this helps

This gives us just enough information to fine-tune medication timing, nausea support, meal strategies, and sleep without over-tracking or creating stress.



Supportive Foods to Lean Into

(High protein • Insulin-supportive • Omega-3 rich • Easy to prepare)

High-Protein, Low-Effort Staples

These help stabilize blood sugar, reduce nausea, and support satiety.

- Eggs (hard-boiled, scrambled, or egg muffins)
 - Rotisserie chicken or pre-cooked chicken breast
 - Canned tuna or salmon (in olive oil or water)
 - Greek yogurt (plain, full-fat or 2%)
 - Cottage cheese (especially lactose-free if sensitive)
 - Protein shakes with clean ingredients (20–30 g protein)
 - Tofu or tempeh (pan-seared or baked)
 - Lentils or chickpeas (small portions, well cooked)
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Omega-3–Rich Foods (Anti-Inflammatory & Insulin-Supportive)

Helpful for metabolic health, hormones, and inflammation.

- Salmon (fresh, frozen, or canned)
 - Sardines (olive oil preferred)
 - Trout or mackerel
 - Chia seeds (1–2 Tbsp added to yogurt or smoothies)
 - Ground flaxseed (1 Tbsp daily)
 - Walnuts (small handful)
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Easy Veggies That Support Insulin Sensitivity

Aim for *cooked* vegetables if nausea or bloating is present.

- Zucchini or yellow squash
- Spinach (sautéed or added to eggs)
- Broccoli or broccolini (roasted or steamed)
- Asparagus
- Bell peppers
- Cucumbers



- Mixed greens with simple olive oil + lemon
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Simple Carbs That Tend to Tolerate Well (Small Portions)

Support energy without spiking insulin when paired with protein.

- Sweet potato
 - Quinoa
 - Brown rice
 - Oats
 - Berries
 - Beans or lentils (½ cup portions)
-

Healthy Fats That Are Usually Better Tolerated

These tend to digest more smoothly than very heavy or fried fats.

- Olive oil
 - Avocado (¼–½ at a time)
 - Nut butters (1–2 Tbsp)
 - Tahini
-

GLP-1–Friendly Meal Ideas (5–10 Minutes)

- Salmon + microwave rice + sautéed spinach
 - Greek yogurt + berries + chia seeds
 - Eggs with sautéed veggies and avocado
 - Chicken bowl with quinoa, olive oil, and greens
 - Cottage cheese with walnuts and cinnamon
 - Protein shake + hard-boiled egg
 - Lentil soup with added chicken or tofu
-

If Nausea Is Present

These often feel gentler during GLP-1 adjustment:



- Smaller portions
 - Warm foods (soups, eggs, cooked veggies)
 - Protein first, carbs second
 - Avoid very greasy, fried, or large raw meals during peak nausea windows
-



GLP-1–Supportive Eating Guide

Simple foods that support weight loss, insulin balance, and steady energy

Purpose:

These foods help support appetite regulation, insulin sensitivity, muscle mass, and inflammation while being easy to prepare and generally well tolerated on GLP-1 medications.

Core Principles (Keep It Simple)

- Prioritize protein at each meal.
 - Pair carbs with protein or healthy fat.
 - Choose cooked foods if nausea or bloating is present.
 - Smaller portions are okay — consistency matters more than volume.
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Go-To Protein Staples

Aim for protein at every meal or snack.

- Eggs
 - Rotisserie or pre-cooked chicken
 - Canned tuna or salmon
 - Greek yogurt (plain)
 - Cottage cheese
 - Protein shakes (20–30 g protein)
 - Tofu or tempeh
 - Lentils or chickpeas (small portions)
-

Omega-3 & Anti-Inflammatory Foods

Helpful for metabolic health, hormones, and insulin signaling.

- Salmon (fresh, frozen, or canned)



- Sardines or trout
 - Chia seeds
 - Ground flaxseed
 - Walnuts
-

Vegetables That Tend to Tolerate Well

Cooked options are often easier during GLP-1 adjustment.

- Spinach
 - Zucchini or squash
 - Broccoli or broccolini
 - Asparagus
 - Bell peppers
 - Mixed greens
-

Carbs That Support Insulin Balance (Small Portions)

Best paired with protein.

- Sweet potato
 - Quinoa
 - Brown rice
 - Oats
 - Berries
 - Beans or lentils
-

Fats That Are Usually Easier to Digest

Use modest amounts.

- Olive oil
- Avocado
- Nut butters
- Tahini



If Nausea Is Present

- Smaller meals
 - Warm foods (eggs, soup, cooked veggies)
 - Protein first
 - Avoid very greasy or fried foods during peak nausea windows
-
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Very Short Grocery List

(One trip, minimal decisions)

Proteins

- Eggs
- Rotisserie chicken
- Canned salmon or tuna
- Greek yogurt
- Protein shakes

Omega-3 / Fats

- Olive oil
- Chia seeds
- Walnuts
- Avocado

Veggies

- Spinach
- Zucchini
- Broccoli
- Bell peppers

Carbs

- Sweet potatoes
- Quinoa or brown rice



- Berries
-
-

7-Day Ultra-Simple Meal Rotation

Mix and match — repeat days as needed

Day 1

- Breakfast: Greek yogurt + berries + chia
- Dinner: Chicken, quinoa, sautéed spinach

Day 2

- Breakfast: Eggs with spinach and olive oil
- Dinner: Salmon, sweet potato, broccoli

Day 3

- Breakfast: Protein shake + hard-boiled egg
- Dinner: Tuna salad over mixed greens

Day 4

- Breakfast: Cottage cheese + walnuts
- Dinner: Chicken stir-fry with zucchini and peppers

Day 5

- Breakfast: Eggs and avocado
- Dinner: Lentil soup with added chicken or tofu

Day 6

- Breakfast: Greek yogurt + flaxseed
- Dinner: Salmon bowl with rice and greens

Day 7

- Breakfast: Protein shake
- Dinner: Leftovers or repeat favorite meal



These are not rules — just reliable defaults that work well with GLP-1 medications and insulin resistance. Repeating meals is completely fine!