



Add Bite-Size Movement to Your Day

Nearly 1 in 3 adults worldwide **do not meet the recommended levels of physical activity.**

Physical activity may:²

- » Improve sleep quality and boost immunity.
- » Help with feelings of anxiety or depression.
- » Reduce risk of chronic disease.
- » Support bone health.

For many of us, time is the biggest barrier keeping us from getting enough movement throughout the day. With so many other competing priorities and commitments, it can feel challenging to prioritize our physical activity on a daily basis. Depending on the season of life, a structured gym schedule might not feel feasible to maintain, but that should not stop us from seeking movement throughout our day. Here are some ways to think about adding bite-sized movement to your routine – these may feel small, but they can really add up to support your overall wellbeing.

Look for a “snack-sized activity” or “activity microbursts” throughout your day.³ Find ways to use those in-between moments for micro-movement, when safe and possible to do so:

- » Take a lap around the parking lot during a long car ride.
- » Park further away when getting groceries.
- » Try to take the stairs when it’s an option.
- » Keep tennis shoes in your car or at your desk.
- » Circle around the block before picking up your mail.
- » Walk to have a conversation in person instead of messaging someone.
- » Take your phone calls or meetings on the move.

You may be skeptical, can 1 minute of exercise really do anything? The research shows that the health benefits are there, and that micro-activity adds up to make a difference.⁴ The takeaway is that doing some activity, no matter how small, is better than none at all.³

EXAMPLES OF 1-MINUTE EXERCISES

EXERCISE	WHEN
Try rolling your neck, your wrists, your arms or your ankles	While you’re waiting for your coffee or tea to brew
Try squats or rolling your shoulder	Waiting for a video to download
Tensing and releasing your muscles	Waiting for your meeting to start
Counter push ups	Heating up your food
Try marching in place	During a commercial break
Calf raises	Brushing your teeth

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. World Health Organization. (2024, June 26). Physical activity. <https://www.who.int/news-room/fact-sheets/detail/physical-activity> [who.int]

2. Centers for Disease Control and Prevention. (2025, August 11). Why should people be active? <https://www.cdc.gov/active-people-healthy-nation/php/why-be-active/index.html>

3. Cox, D. (2025, December 6). How activity microbursts can improve your health. BBC Future. <https://www.bbc.com/future/article/20251204-how-activity-microbursts-can-improve-your-health>

4. Cheng, K. (2025, September 3). One minute exercise longevity study. Women’s Health UK. <https://www.womenshealthmag.com/uk/fitness/a65968249/one-minute-exercise-longevity-study/>