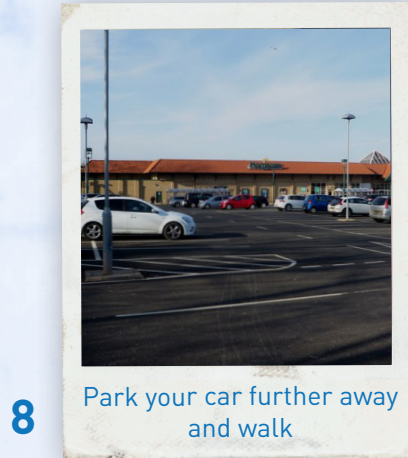
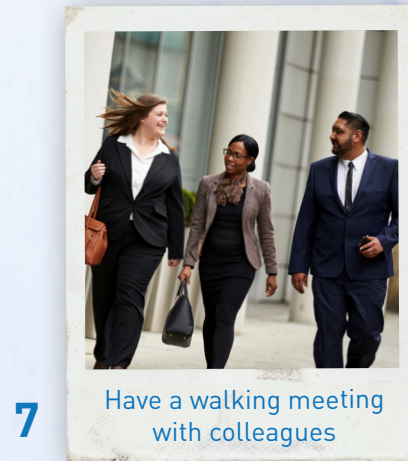
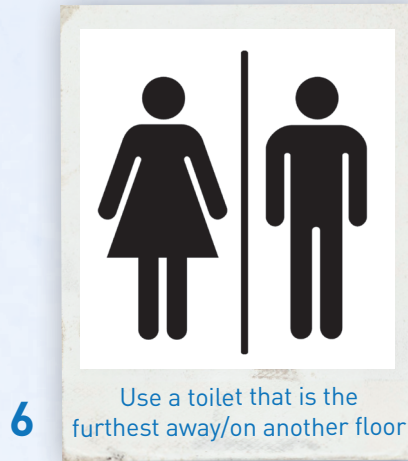
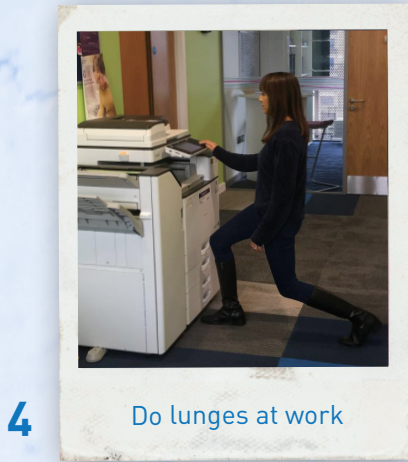
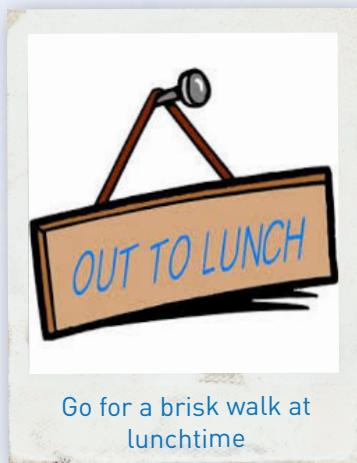
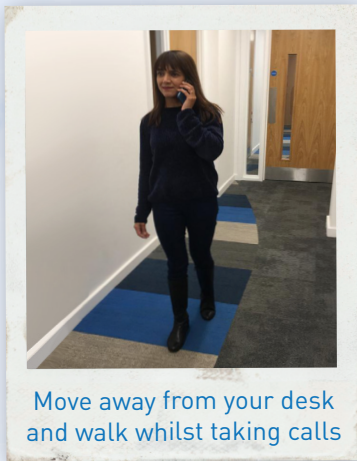
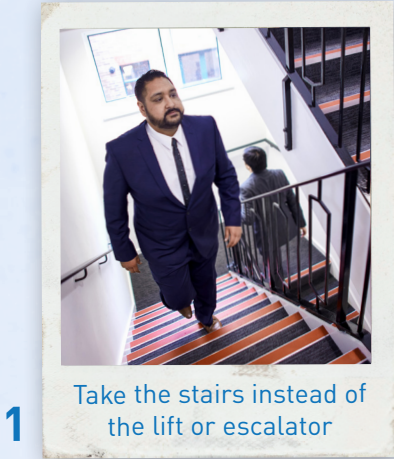


The background of the entire page is a light blue marbled paper with intricate, darker blue veins and patterns. The text is centered on this background.

# **Snacktivity**

## Picture Booklet

# Activity snacks you can do while at work

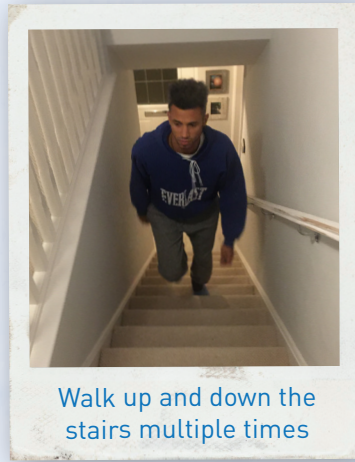






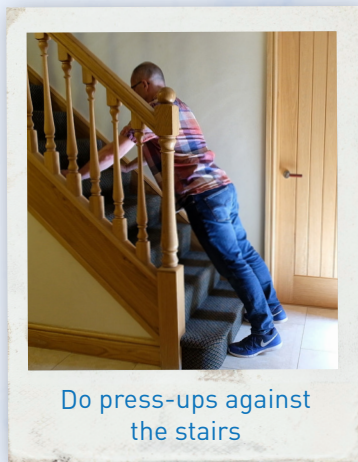
11

Do squats whilst brushing your teeth



14

Walk up and down the stairs multiple times



12

Do press-ups against the stairs



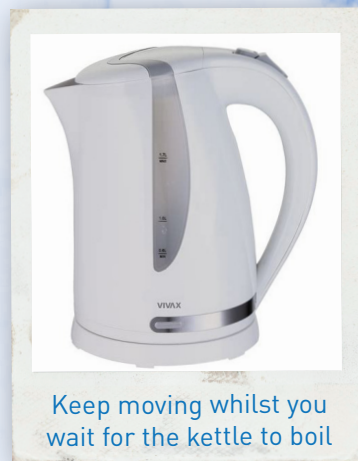
15

Do some housework



18

Do bicep curls with tins/a bottle whilst seated



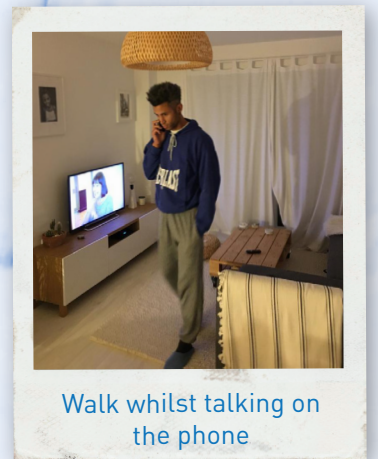
13

Keep moving whilst you wait for the kettle to boil



16

Wash your car



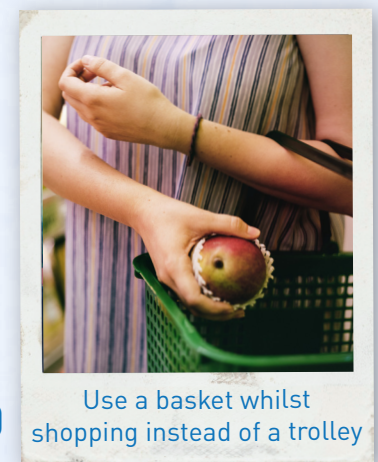
19

Walk whilst talking on the phone



17

Do lunges whilst you vacuum the house



20

Use a basket whilst shopping instead of a trolley

Activity snacks you can do at home and in your leisure time



## Activity snacks you can do at home and in your leisure time



21

Walk/ run/ cycle to the  
local shops



24

Take your dog for an extra  
brisk walk



28

March on the spot



22

Do calf raises while  
washing the dishes



25

Go for a brisk walk around  
your local park



29

Do some gardening



23

Play with your children  
at the park



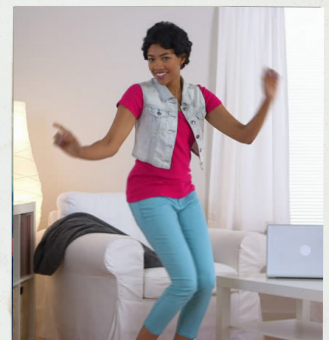
26

Walk to drop/pick your  
children from school



27

Take up skipping



30

Dance around the living  
room/kitchen