



TOGETHER WE **RAISE THE BAR**

Bite Sized Bursts of Bliss

YOUR GUIDE TO MOVEMENT SNACKS



Fast Feet

On a step or on the floor. Go for 10 - 20 seconds.
It can be done alone for a few rounds, or you can combine it with 1 or 2 other moves.



Seal Jacks

It is like a jumping jack, but the arms cross in front and open to the side rather than going above the head. Can be done with or without a jump. 30 - 60 seconds



Skip

I dare you to try not smile when skipping. Start with 10 skips.



Stairs

Walk or run up the stairs, walk down them. Repeat for 3-5 minutes.



Butt Kicks

A great move for a quick "snack" at the desk. Can be done at slow pace in place or traveling. For more intensity add some speed.



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Dance

This one works great when you are cleaning up the kitchen or cleaning pots and pans. Turn on some music and dance.



Walking Lunge

Don't just walk, lunge. Try bringing 1-2 clean laundry items to the their drawer by lunging.



Heel Tap (and arm reach)

Step one foot out front and tap the heel; reach your arms out at the same time. Alternate sides. This works great while in line, while filling gas stations, or while on a Zoom call.



Bicep curl (no dumbbells) with butt kick

Combine butt kick with bicep curl. It combines well with the heel tap and arm reach.



Smile

Have fun. Combine any of these. Do 1 at a time, or combine a few for 30 sec each. Or try a ladder, pick 3 moves, do 10 reps of each, then 20, then 30, then 20, then 10. Videos of these moves and others can be found on The Uplyft Fitness YouTube channel. Scan code to so to YouTube Playlist.