

# Exercise snacking: Week 3

The complete do-it-yourself guide to exercising in bite-sized pieces.

## Understanding the program

We've chosen these exercises to go alongside your current activities or to introduce an exercise program to your day. The purpose of the Exercise Snack is to give you something new to try and add variety into your day's exercising, not to replace your current activities.

Each day you have a choice of three different Exercise Snacks for you to add into your day.

### How to follow the program

**Step 1:** Go to your day.

**Step 2:** The exercises are divided up by intensity level so please choose the one that best suits your ability.

**Step 3:** Decide how many times you will add your Exercise Snack into your day. We recommend starting slow with once or twice a day, then building up as you become more confident.

**Step 4:** For each exercise try to attempt the number of reps shown – a repetition, or rep, is one complete exercise, e.g. lifting a weight.

**OR** use the time for the exercise indicated on top of each day.

### Choosing your intensity

It is important to work at your own level, please note that everyone will be different. As you become more comfortable with exercises you'll find it beneficial to increase the intensity and go up a level.

### When should I choose the Everyday Activity?

In each day, we have included an example of Everyday Activity that is aligned to the day's exercise. These are only suggestions, to give you

more opportunities to add beneficial activities into your day. The benefit of these Everyday Activities is that they often work our bodies more and therefore have a positive effect on our health.

On some days you will find the whole day is dedicated to an Everyday Activity such as Gardening. We hope this helps you recognise just how beneficial these activities are in your day. Please make time to try a new activity or invest time in an old familiar one on these days.

Monday

**Side Stretch** | 🕒 2 – 5 min | 5 – 10 reps

More movement

**Core**

The side stretch promotes better posture and strengthens your core. Your abdominal and back muscles engage to help you balance effectively while you exercise.

### Gentle: Overhead Side Stretch, Seated | MET: 2.3

1. Sit with your back straight.
2. Lift your arms above your head. Bend to one side. Hold for a count of 5. Now do the same on the other side.
3. Repeat 5-10 times.



### Active: Overhead Side Stretch, Standing | MET: 2.3

1. Stand straight.
2. Lift your arms above your head. Bend to one side. Hold for a count of 5. Now do the same on the other side.
3. Repeat 10 times.

### Everyday Activity: Hang Out the Washing | MET: 4.0

Hanging out the washing relies heavily on a strong back and core. It is a great incidental form of exercise for your core.



# Exercise snacking: Week 3

Tuesday

Better balance

**Single-leg Quarter Squat** | 🕒 2 – 5 min | 20 reps

**Lower body**

The single-leg quarter squat is a great exercise to keep you working on your balance. It uses the quadriceps and glutes along with your ankles.

**Gentle: Single-leg Quarter Squat with Chair**  
| MET: 3.8

1. Stand next to a chair and place your hand on it.
2. Lift one leg then squat down 10-15cm while holding your leg up.
3. Repeat on the other leg.



## Exercise tip

Try to focus on your balance first and then you can speed up how many exercises you can do.

**Active: Single-leg Quarter Squat** | MET: 3.8

1. Lift one leg, then squat down 10-15cm while holding your leg up.
2. Repeat on the other leg.

**Everyday Activity: Bowling**  
| MET: 3.8

Both indoor and outdoor bowling are a great activity that recruits similar muscles.



Wednesday

More movement

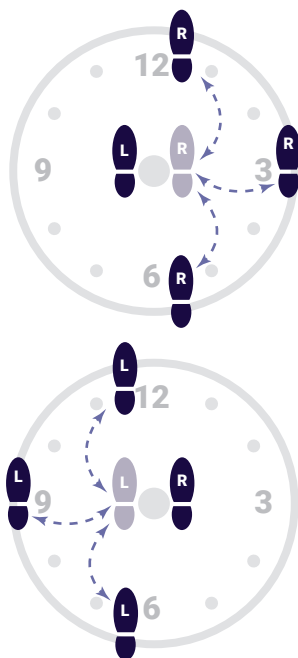
**Clock Stepping** | 🕒 5 – 10 min | 10 – 20 reps

**Lower body**

Clock stepping is an exercise that works by constantly changing position, improving and testing your balance.

**Gentle: Clock Stepping with Chair** | MET: 3.8

1. Place a chair in front of you. Imagine you're the centre of a clock, stand on one leg and step your other leg in and out from the centre.
2. Step your right leg forward to 12 o'clock, then sideways to 3 o'clock and backwards to 6 o'clock.
3. Step your left leg to 12, 9 and 6 o'clock positions.



**Active: Clock Stepping** | MET: 3.8

1. Imagine you're the centre of a clock, stand on one leg and step your other leg in and out from the centre.
2. Step your right leg forward to 12 o'clock, then sideways to 3 o'clock and backwards to 6 o'clock.
3. Step your left leg to 12, 9 and 6 o'clock positions.

**Everyday Activity: Aerobics**  
| MET: 5.5

Taking a class in aerobics is a fantastic way to maintain your fitness.



# Exercise snacking: Week 3

Thursday

**Walking** | 🕒 10 – 30 min

Better balance

**Lower body**

Exercise doesn't have to be strenuous. Walking is a great form of exercise. You can choose to walk at a steady pace for a longer period of time, or you can have shorter bursts of more strenuous walking, varying the pace and the surface changes the intensity.

**Gentle: Slow Pace, Firm Surface | MET: 2.8**

A gentle walk is a nice way to get your limbs moving and your heart pumping. Making it a regular activity is also a great habit to get into.



**Active: Brisk | MET: 4.3**

Walking briskly requires strength and flexibility. Just 30 minutes can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle strength.

**High: On the Beach | MET: 4.5**

When you are on the beach, walking on uneven, soft sand is a great high intensity exercise for feet and ankles.



Friday

**Push Up** | 🕒 2 – 5 min | 10 – 20 reps

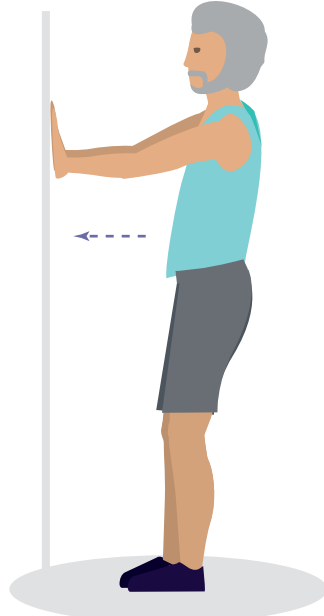
Build strength

**Upper body**

We are all familiar with the push up. It's a great exercise for maintaining strength in your core muscles and building strength in your upper body. It's also easy to modify by elevating the angle of your body to reduce how much weight is on your arms.

**Gentle: Wall Push Up | MET: 2.8**

1. Stand close to a wall. Take one step back.
2. Lean into the wall bending your arms. Push yourself back to stand upright with your arms.



**Build muscles**

Muscles need to be stressed – use them until it's too hard for you to do another repetition.

**Active: Chair Push Up | MET: 3.8**

1. Stand behind a chair. Take a few steps back.
2. Lean into the chair, bending your arms. Now push yourself up until your arms are straight.

**Everyday Activity: Shopping with Trolley | MET: 4.0**

Pushing your trolley around the supermarket is one way to increase your exercise time and get the most out of your day.



# Measuring your exercise goals

You can manage reaching your exercise goals by using this system to calculate the amount of activity you complete each day.

## Based on government recommendations

The Australian government recommends that older people (over 60) should aim to complete 30 minutes of moderate intensity physical exercise per day. This is a great guide for working out your exercise goals. Break down the 30 minutes into short 'exercise snacks' across your day.

### How to use the MET

To assist with managing and recording the recommended goal for your exercising we have used a unit of measure called the

MET\* (Metabolic Equivalent of a Task).

The MET value of an activity indicates the intensity (or energy expended) of the activity over time compared to energy expended when you are at rest. For example sitting has a MET value of 1 and running has a MET value of 12. This enables you to assess your daily expenditure more accurately and calculate if you are meeting your exercise goals. The total amount of energy expended for your physical exercise depends on the time spent on the activity, the intensity and the type of physical

activity. Each of our exercises has MET value associated with it.

Your goal is to achieve 90 METs per day, as this is the equivalent of moderate intensity exercise for 30 minutes, as recommended by the Australian government. You can use the MET value assigned to each exercise you find in our program to help you choose a combination of exercises that add up to 90 METs per day.

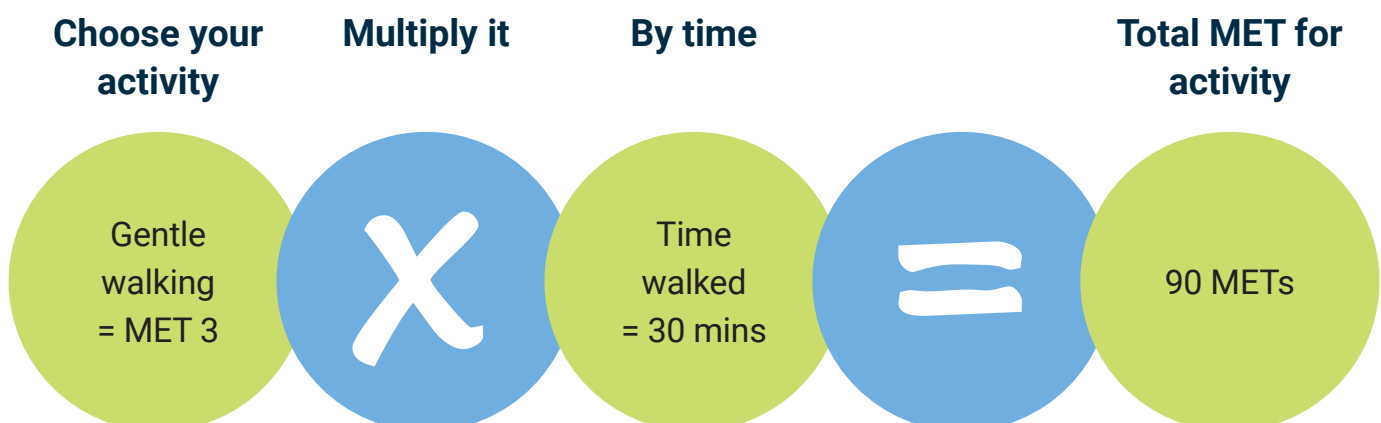
### Calculating your MET numbers using our program

1. Each exercise has been given a MET number.

This represents your energy expenditure over one minute.

2. Now we need to calculate the time you did the exercise.
  3. Using the MET number of the Exercise Snack, multiply it by the time spent doing the exercise.
  4. You will now have the total MET for your Exercise Snack.
- In the example below: Gentle walking for one minute has a MET of 3 if you walked for 30 mins that would be a total of 90 METs.

## How to work out your MET score



**Disclaimer:** Whilst every effort has been made to ensure the range of exercises contained in this program are both safe and enjoyable, Centenary Institute takes no responsibility for any injuries incurred as a result of these exercise programs. We recommend that you consult your GP or specialist prior to undertaking exercise.