



# M & M SNACKS

## *Movement and Mindfulness snacks*

can be done in short doses throughout the day. Physical activity recommendation is 150 min of moderate intensity aerobic activity (can talk but not sing) in a week or 75min of vigorous intensity activity for adults. Children 5-17 yrs need 60 min of moderate to vigorous activity daily.

### *Movement*

#### SNACKS

WALKING

JOGGING IN PLACE

SIT TO STAND FROM A CHAIR

PUSHUPS ON A COUNTER

REACH FOR THE SKY AND THEN  
REACH FOR THE  
GROUND REPEAT

STEP UP AND DOWN ON A STEP

GO UP AND DOWN A FLIGHT OF  
STAIRS

JUMPING JACKS

PRETEND JUMP ROPE

DANCING TO MUSIC OF YOUR CHOICE

GARDENING/SWIMMING

BUNNY HOPS

### *Mindfulness*

#### SNACKS

DEEP BREATHING

OBSERVE WHAT ACTIVITY YOU ARE  
DOING AND DESCRIBE IT

DO A BODY SCAN

DOWNLOAD AN APP (HEADSPACE  
OR CALM OR ANY OTHER APP) AND  
DO A 5 MIN GUIDED MEDITATION

LISTEN TO YOUR HEART BEAT

LISTEN TO YOUR BREATH AND  
OBSERVE WHICH PARTS ARE  
MOVING

VISUALIZE YOURSELF AT THE  
BEACH/DESERT/MOUNTAINS AND  
IMAGINE THE SOUNDS, SMELLS,  
TASTE AND TOUCH OF THE OCEAN

EAT SLOWLY AND EXPERIENCE THE  
TASTE, TEXTURE, SMELL,  
TEMPERATURE AND THE  
SURROUNDINGS

### Here are some suggestions where you can use the M and M snacks:

- Waiting for the Microwave/burner to heat up
- Waiting in line at the grocery store
- Waiting to pick up the kids/or at the doctor's office
- Stopped at a traffic light
- When you are getting annoyed by someone's words or behavior take a M and M break
- When there is an advertisement break while watching your favorite TV show
- When you are not feeling like doing a full workout
- When you can't sleep
- When you are stressed and need a break
- When you are sad
- When you are upset with \_\_\_\_\_