

Move Over, Hour-Long Gym Sessions - Movement Snacks Are Trending as *The* Way To Get In Your Best Shape Ever

Exercise 'snacks' twice a day

le who think they're too busy to exercise

Too busy for the gym? Listen up: movement snacks are your workout BFF.

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Exercise Snacking

NEWS

'Fun-Sized' Exercise Snacks Can Boost Fitness, Review Says

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By HealthDay | Oct. 9, 2025, at 6:05 a.m.

Health

TODAY ON THE SHOW SHOP HEALTH START TODAY PARENTS FOOD LIFE

EXPERT TIP OF THE DAY

Try These 'Exercise Snacks' to Boost Your Heart Health

In TODAY.com's Expert Tip of the Day, a cardiologist weighs in on the impact of just a few minutes of exercise on the heart and body.

Not a fan of the gym? Why you should try 'exercise snacking'

exercising

'less' could actually be 'better' for your health

The health guru suggested 'exercise snacking' could be the perfect option for some people

Sustainability on a Shoestring

More

We finally know how little exercise you need to actually make a real difference

New studies suggest just a few minutes of exercise a day can dramatically improve your health and longevity.

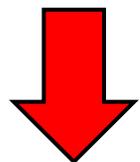
Forget long workouts: Study shows 'exercise snacking' can boost

Michael Mosley shares weight loss 'exercise snacking' hack that only takes 'a minute'

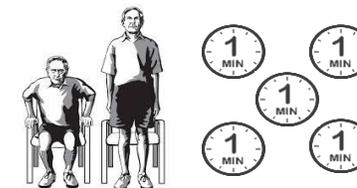
The short bursts of activity that could help you live longer

Can 'exercise snacking' every day help you get fitter?

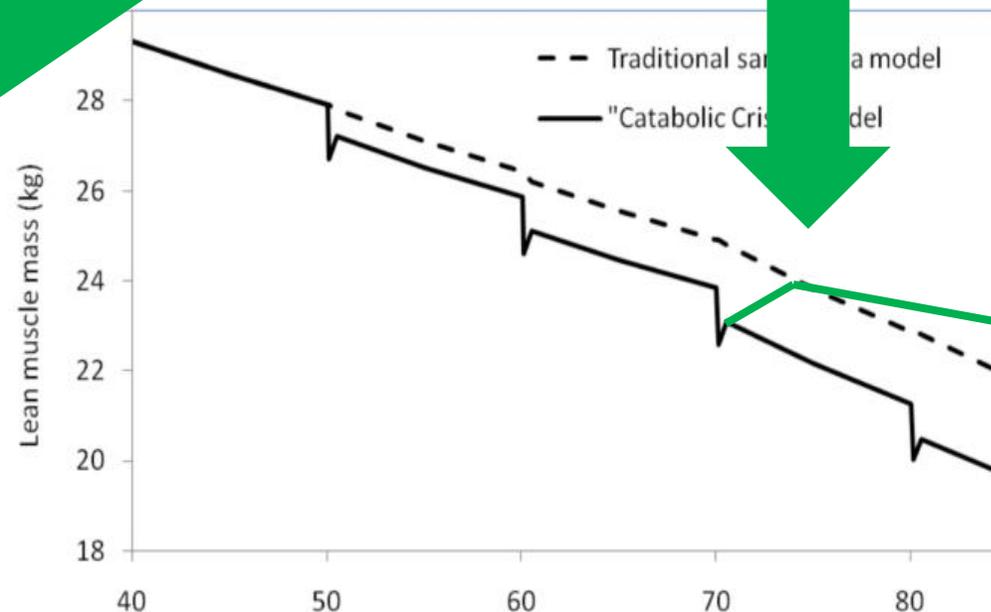
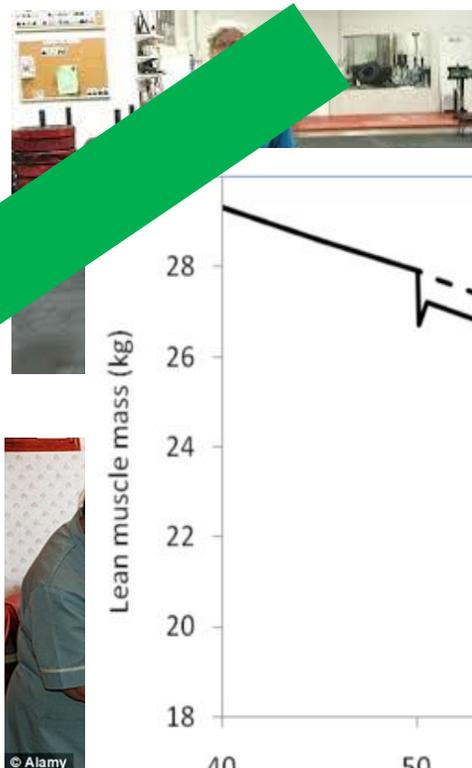
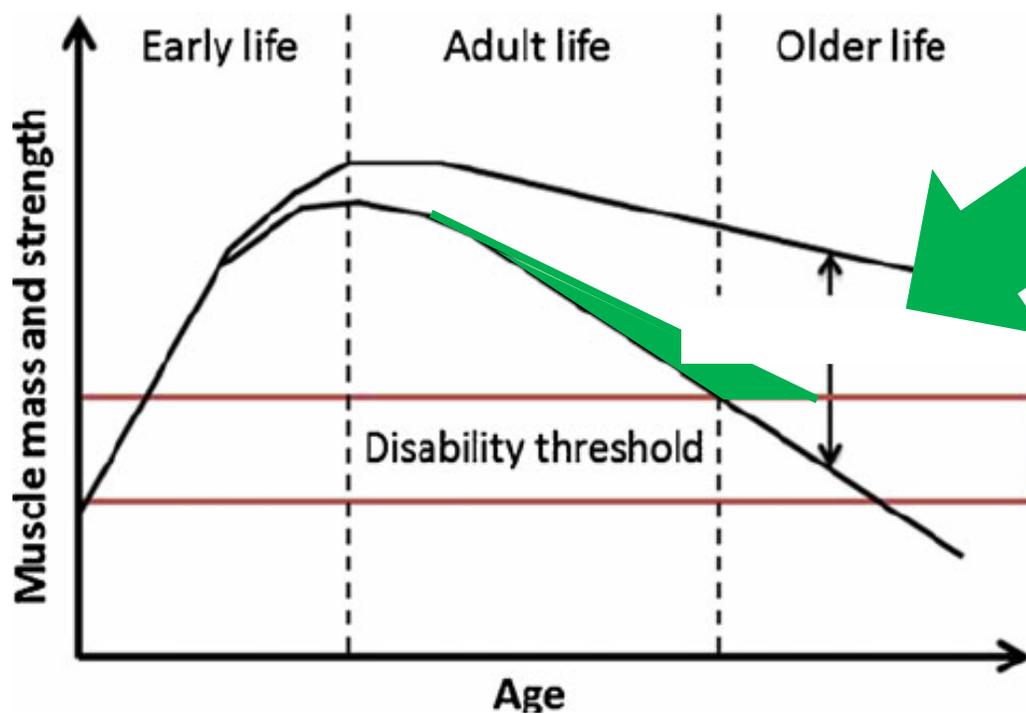
Background- Ageing muscle



0.5-1% muscle mass per year
 2-5 % muscle strength per year



Minimal dose
 'exercise snacking'

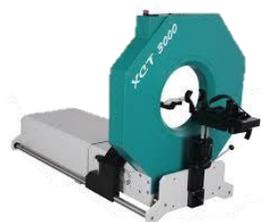
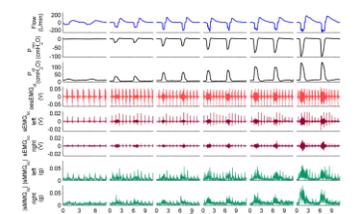


Exercise Snacking

What have I done?



2 x day
28 days



2% muscle size
5% strength
6% power

>95% adherence

Randomized Controlled Trial > Trials. 2016 Aug 2;17:381. doi: 10.1186/s13063-016-1440-z.

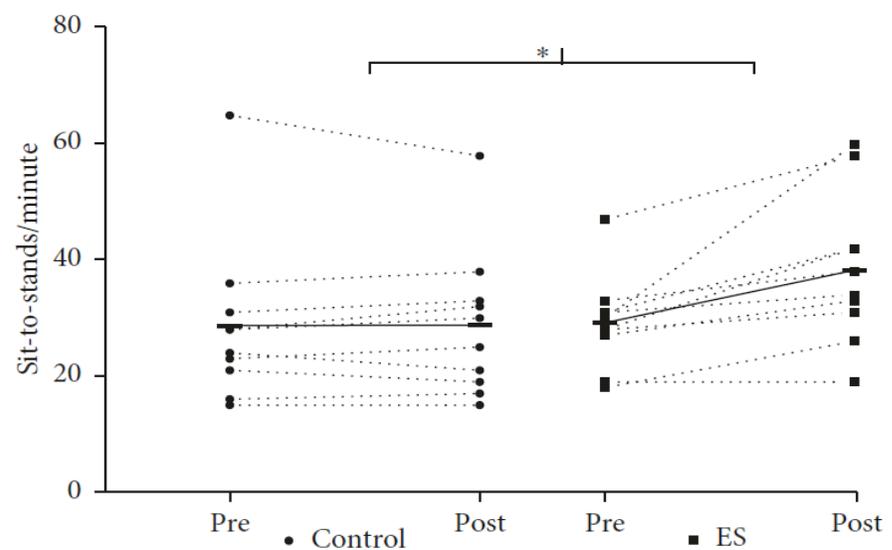
Exercise strategies to protect against the impact of short-term reduced physical activity on muscle function and markers of health in older men: study protocol for a randomised controlled trial

Oliver J Perkin¹, Rebecca L Travers¹, Javier T Gonzalez¹, James E Turner¹, Fiona Gillison¹, Cassie Wilson¹, Polly M McGuigan¹, Dylan Thompson¹, Keith A Stokes^{2,3}

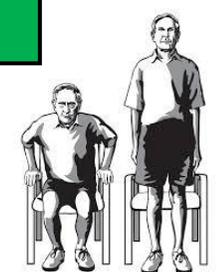
> J Aging Res. 2019 Oct 3;2019:7516939. doi: 10.1155/2019/7516939. eCollection 2019.

Exercise Snacking to Improve Muscle Function in Healthy Older Adults: A Pilot Study

Oliver J Perkin^{1,2}, Polly M McGuigan¹, Keith A Stokes^{1,2}



31%



<12% of older adults report adhering to CMO guidance of twice weekly strength exercise

Exercise Snacking in the community

What have I done?



Figure 2. a) Predicted margins for SPPB strength and balance summed score (max. 8) with 95% CIs across all timepoints; b) Predicted margins for SPPB total score (max. 12) with 95% CIs for the lab-based subset across all timepoints

Randomized Controlled Trial > *J Aging Phys Act.* 2022 Feb 1;30(1):33-43.
doi: 10.1123/japa.2020-0391. Epub 2021 Jun 21.

Feasibility and Acceptability of Home-Based Exercise Snacking and Tai Chi Snacking Delivered Remotely to Self-Isolating Older Adults During COVID-19

Ian Ju Liang, Oliver J Perkin, Polly M McGuigan, Dylan Thompson, Max J Western

> *Front Aging.* 2023 Aug 1;4:1180939. doi: 10.3389/fragi.2023.1180939. eCollection 2023.

The acceptability of homebased exercise snacking and Tai-chi snacking amongst high and low function UK and Taiwanese older adults

Ian Ju Liang¹, Jessica Francombe-Webb¹, Polly M McGuigan¹, Oliver J Perkin¹, Dylan Thompson¹, Max J Western¹

Randomized Controlled Trial > *J Frailty Aging.* 2024;13(4):572-581. doi: 10.14283/jfa.2024.32.

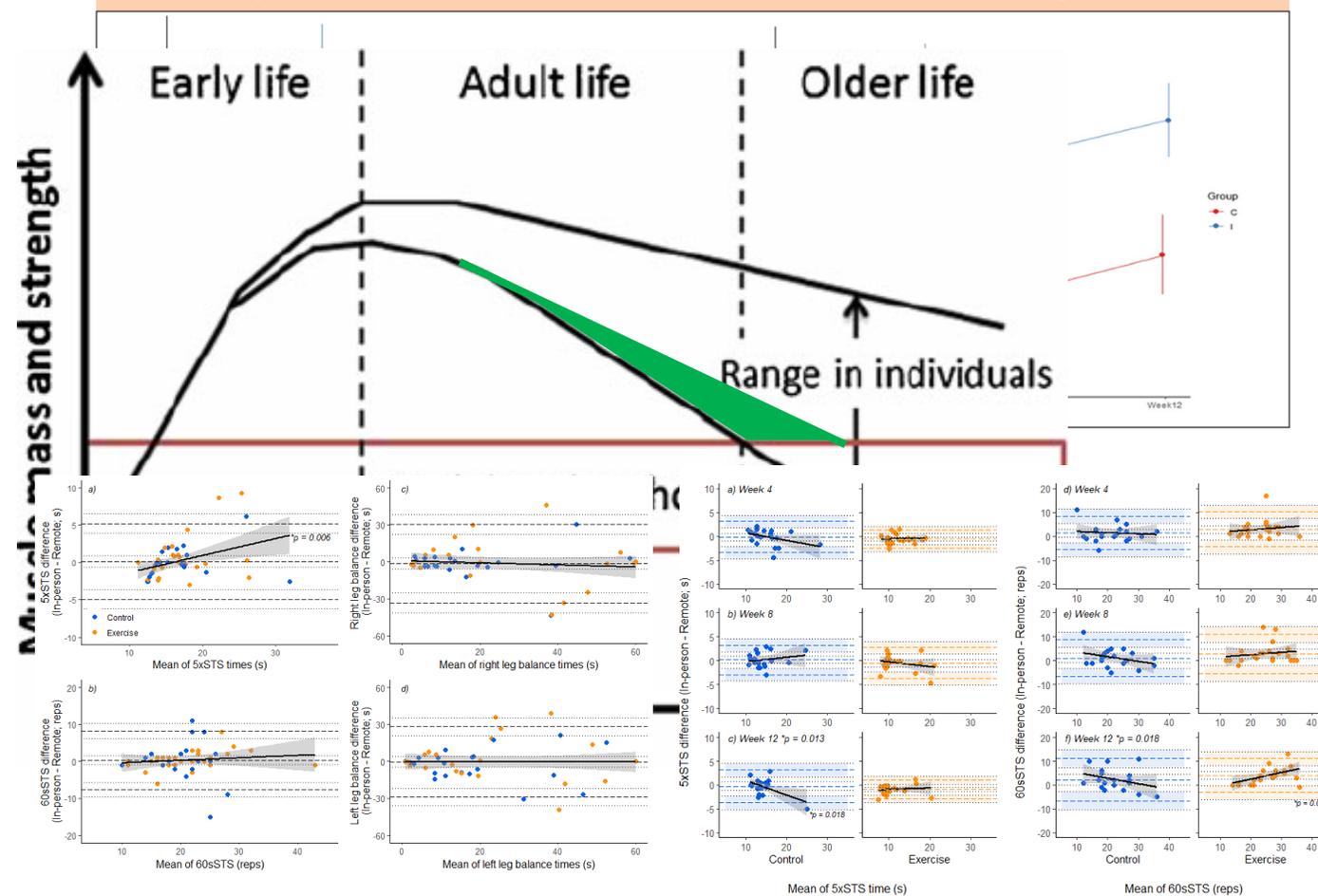
The Efficacy of 12-Week Progressive Home-Based Strength and Tai-Chi Exercise Snacking in Older Adults: A Mixed-Method Exploratory Randomised Control Trial

I J Liang¹, O J Perkin, S Williams, P M McGuigan, D Thompson, M J Western

> *Aging Clin Exp Res.* 2025 Nov 28;38(1):15. doi: 10.1007/s40520-025-03268-1.

Validity and reliability of assessing strength and balance improvements by videoconference in pre-frail and frail older adults

Oliver J Perkin¹, Ian Ju Liang², Carly D McKay³, Polly McGuigan⁴, Max J Western⁴



Exercise Snacking for patients

What am I doing?

ReMind^{UK}

NHS
Royal United
Hospitals Bath
NHS Foundation Trust



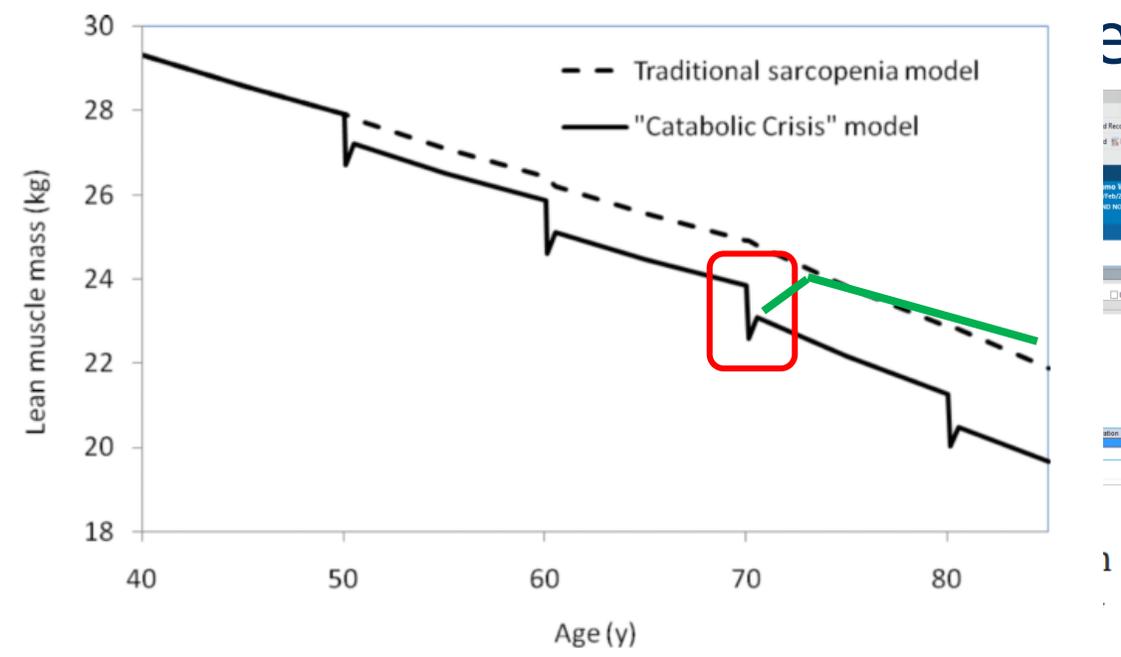
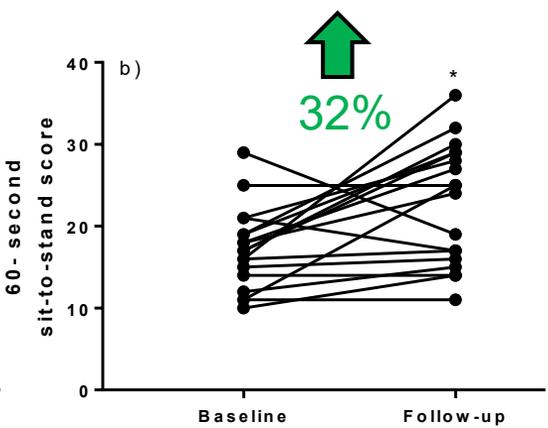
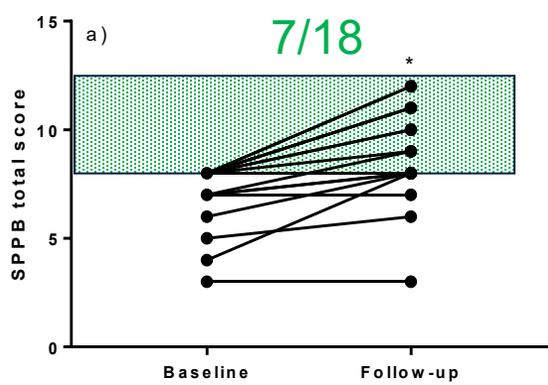
medlock
charitable trust

Clinical Trial > BMC Geriatr. 2023 Aug 4;23(1):471. doi: 10.1186/s12877-023-04169-6.

Exercise snacking to improve physical function in pre-frail older adult memory clinic patients: a 28-day pilot study

Max J Western¹, Tomas Welsh^{2,3,4}, Kristen Keen², Vanessa Bishop², Oliver J Perkin⁵

Acceptability in MCI patients: **4.6 / 5**
Adherence in MCI patients: **85%**



service



NHS
Royal United Hospitals Bath
NHS Foundation Trust

What am I planning to do?



- **Trials within Cohorts (TwICs) study**

- Embedding exercise into innovation
- Scaling intervention for community settings



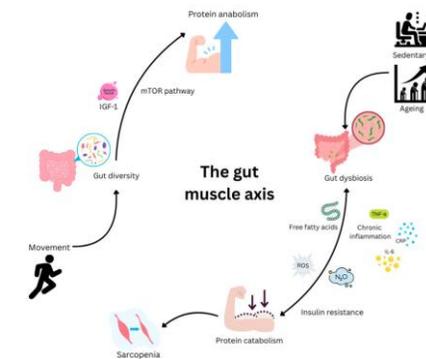
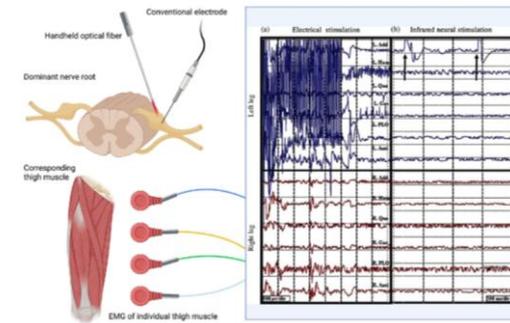
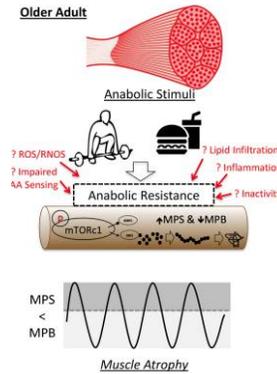
30% of older hospital patients functionally disabled by discharge

Effectiveness on the ward

- Reduced length of stay
- Discharge pathway conversion
- Readmission rate

Integration into discharge Pathway Zero

- Physiological responses in post-discharge recovery
- Intervention optimisation e.g., nutrition, loading, frequency



Thank you for listening

Any questions?