

# Exercise Snacks: Fit in the time for Fitness

Marilyn Oppizzo, PhD, MS, RDN, DipACLM







STRENGTH

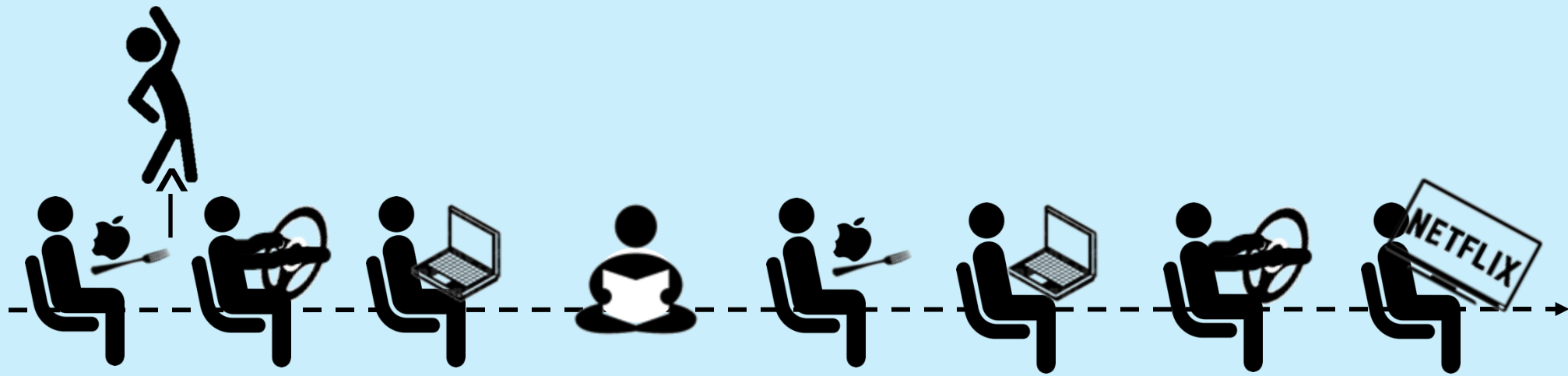


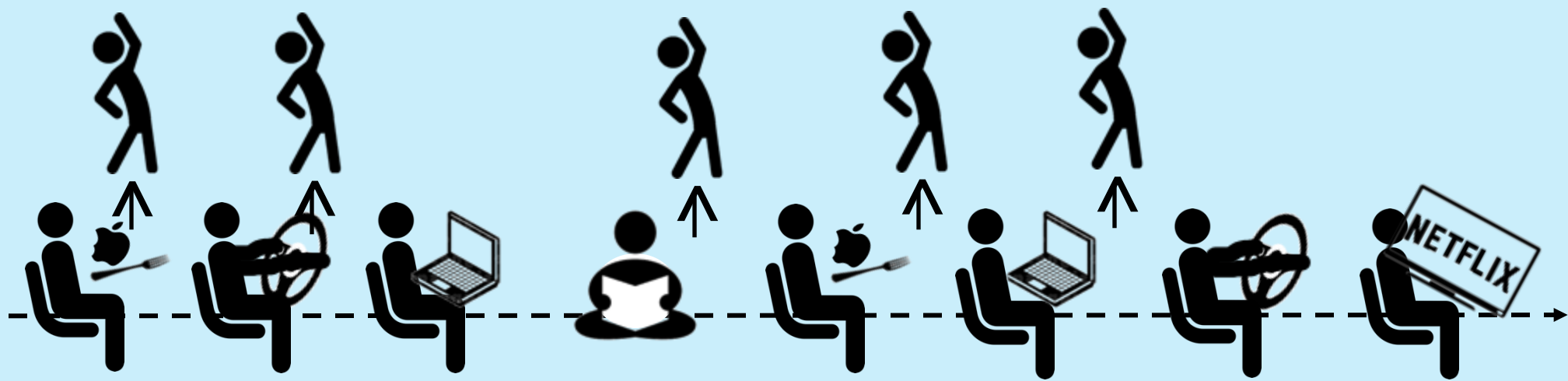


ALL!!!



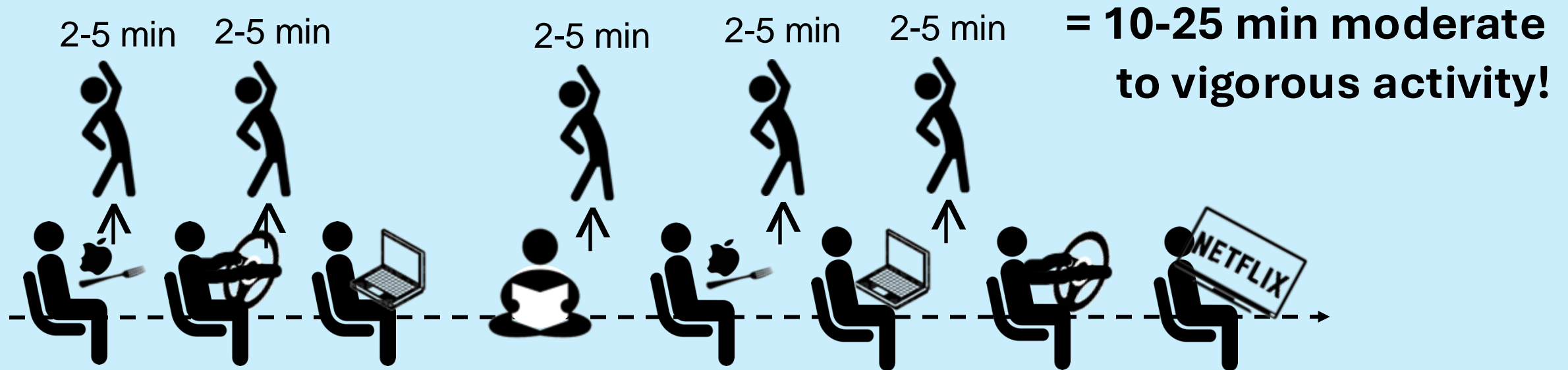
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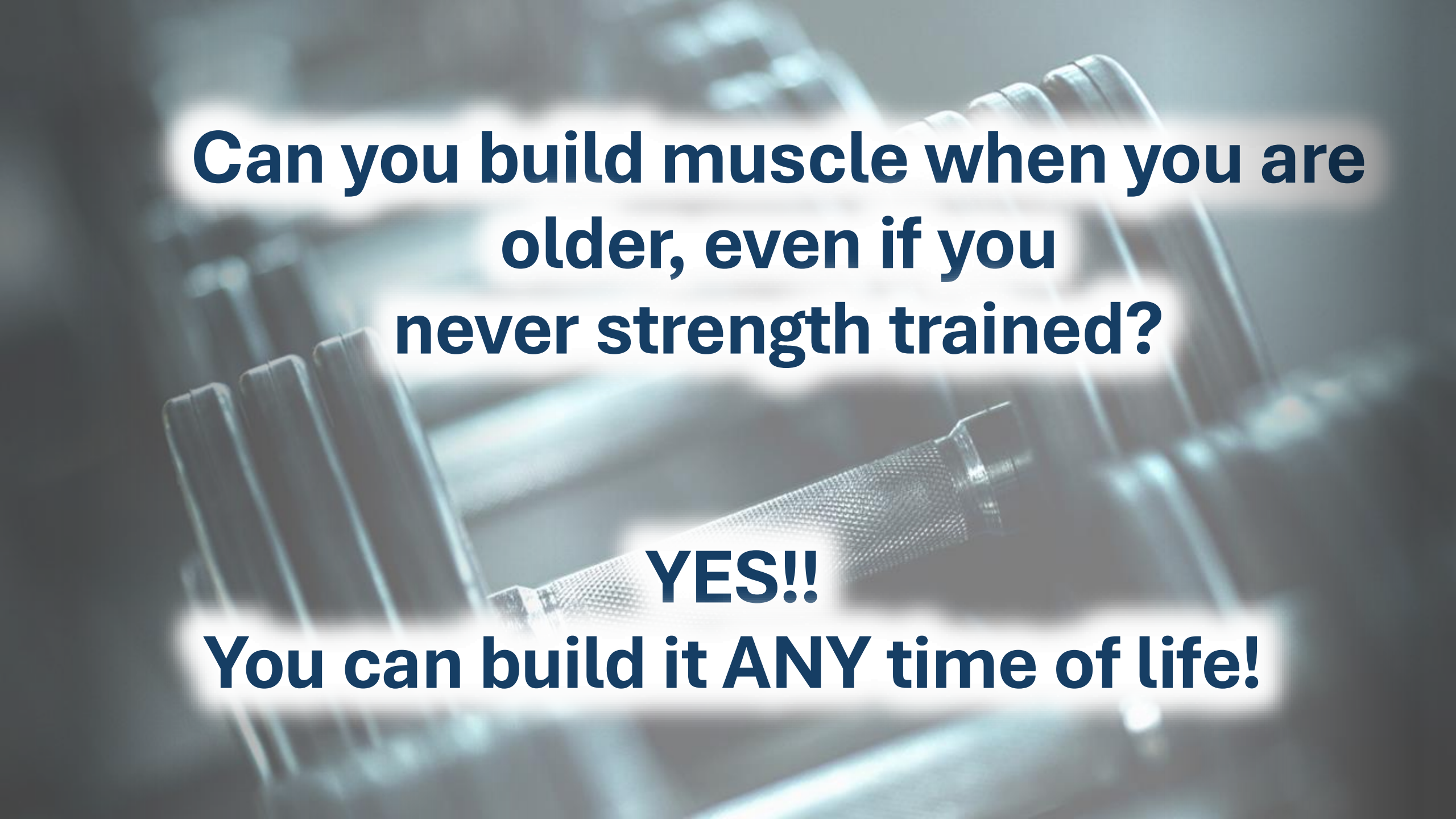
# EXERCISE SNACKS





**STRENGTH SNACKS**





**Can you build muscle when you are  
older, even if you  
never strength trained?**

**YES!!**

**You can build it ANY time of life!**



# STRENGTH SNACKS

What's physically  
**CHALLENGING** for you?



# STRENGTH SNACKS



Progress to your  
lowest chair!!

1

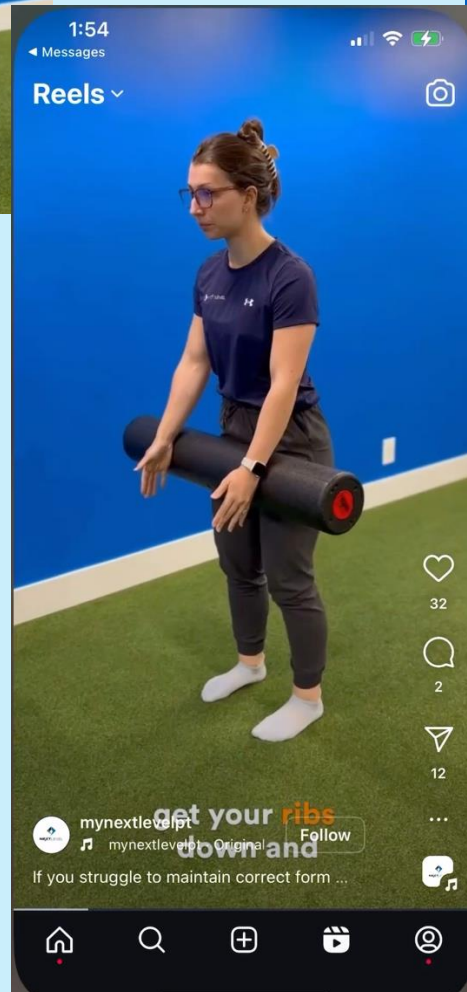


2





# STRENGTH SNACKS



1:50

Reels ▾

784

10

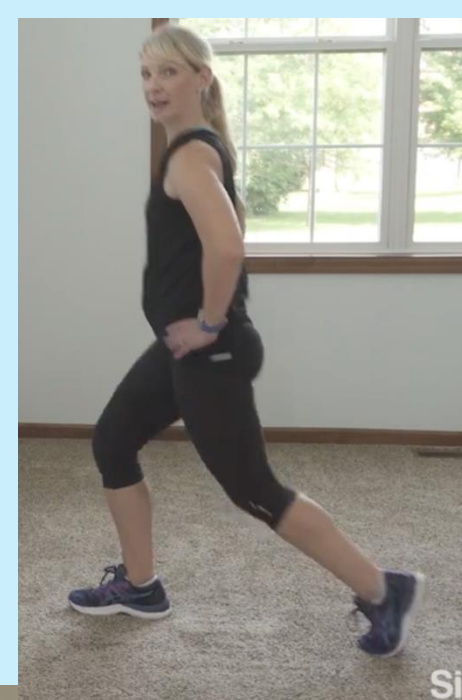
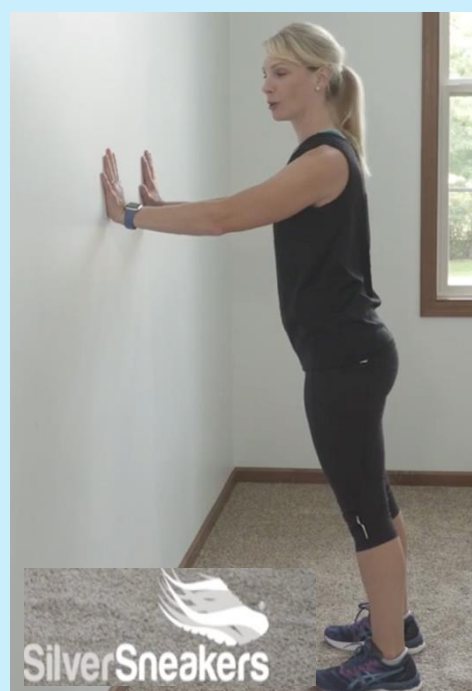
15

foreverfitwithmitch

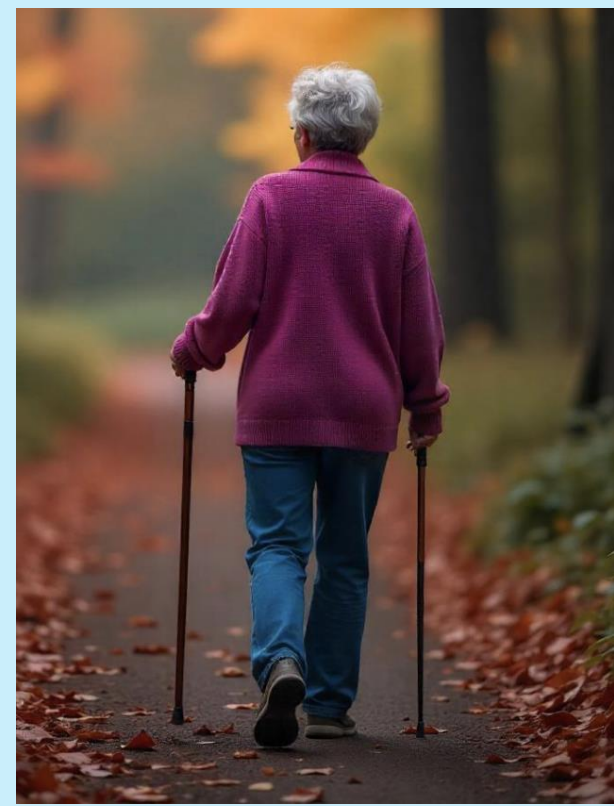
Andra Day · Rise Up

Follow

Here's how to get up off the floor as an ...







1. Stand on the ground OR on a step with heels hanging over edge
2. Have support with a wall or banister
3. Come up onto ball of foot and then slowly lower

# STRENGTH SNACKS

