



Mayo Clinic Minute: Boost your health and productivity with 'activity snacks'

Video	Audio
	Sitting at a desk for hours at a time may make some feel exhausted and unmotivated. If that's ever happened to you, it may be time for a snack... an activity snack.
	The concept is simple, after sitting for an hour, take two to three minutes to get up and move your body.
Francisco Lopez-Jimenez, M.D. Cardiovascular Medicine Mayo Clinic	"So you break this sedentary status of your body by going to take the stairs for two or three flights, or just do some push-ups or do something that is meaningful in terms of activity for just a few minutes, and then come back and continue your work."
	In a way, Dr. Lopez-Jimenez says those two to three minutes reset your metabolic clock.
	"It has been impressive, the biological changes those activity snacks can induce in your cells, in the metabolism of the sugar, in the metabolism of the cholesterol, just by having those little episodes of activity, even though you might be sitting down for the next 45 minutes."
	It's a small change that can make a big impact on your physical and mental health.
	"And you will see how that little thing will even sharpen your mind for the next half an hour, 45 minutes, absolutely."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

