

Supplementary Figure 1. Description of the “snacks exercises” in Brazilian portuguese and english.

Brazilian Portuguese

Sugestões de 12 exercícios rápidos,
“*snack exercises*” - *Não supervisionados*

- A. Cartões Alongamento: coxa, peitoral e músculos do tronco
- B. Fortalecimento e equilíbrio
- C. Atividades aeróbicas
- D. Agachamentos

English

12 Quick exercise suggestions, “snack exercises” - Unsupervised

- Stretching cards: thigh, pectoral and trunk muscle
- Strength and balance
- Aerobics
- Squats

Stretching cards

Stretching of the thigh muscle



Rest one hand on a chair and with the other "pull" your foot towards the butt.



Keep the position and count to 15. Change sides.

Stretching of the pectoral muscle



Support your hand on the wall and slightly rotate the trunk and count to 15.



Stretching of the trunk muscles



"Hold" in the position and count to 15.



Lying on the floor.

Lying on the floor.

"Embrace" a knee.



"Hugged" both knees.

Strenght and balance

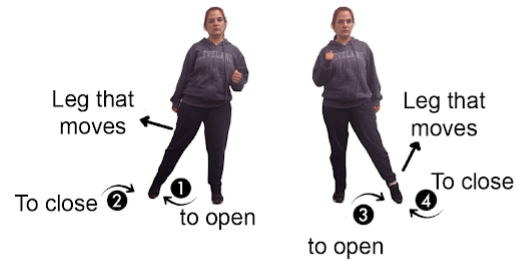
Movement with the arms

Raise your arms at shoulder height and make small circles.



Movement with the arms and legs

"Open" and close the leg laterally and alternate with arm movements.



Standing on one leg

Remove one of your feet from the ground and rest only on one leg.



You can do it with or without resting your hand on a chair or on the wall.

Aerobics

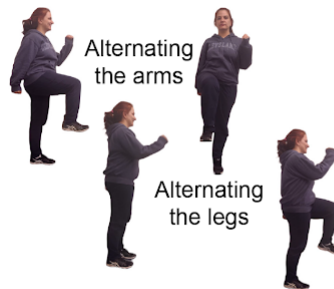
Stopped walk (low impact)

It flexes the knee and supports the tip of the foot without leaving the place.



Marching without leaving the place

Raise the knee alternating right and left legs.



Jumping jack*

Suggestion: you can increase or decrease the rest time between one flip-off and another.



Arm and leg movement (alternating the leg)



*More intense activity

Squats

Classic squat

Sit and get up from a chair



Unilateral strout

Rest one of your hands on a chair and take a step forward.



Go down your body without resting your knee on the ground.

