



The Role of Snacktivity in Public Health

Meric Odemis¹, *Halil Orbay Cobanoglu¹, Eren Akdag²

1. Faculty of Sports Sciences, Alanya Alaaddin Keykubat University, Alanya, Antalya, Türkiye
2. Faculty of Sports Sciences, Akdeniz University, Antalya, Türkiye

***Corresponding Author:** Email: orbay.cobanoglu@alanya.edu.tr

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Dear Editor in Chief

The negative impact of physical inactivity on public health is increasing steadily. About one-third (31%) of the world's adult population, or 1.8 billion adults, are physically inactive (1,2).

Physical inactivity puts adults at great risk of cardiovascular diseases such as heart attacks and strokes, type 2 diabetes, dementia, and cancers such as breast cancer and colon cancer (3). The percentage of breast and colon cancer cases caused by physical inactivity, alone is thought to be 21-25% worldwide. In this respect, physical activity contributes to the prevention and control of non-communicable diseases such as cardiovascular diseases, cancer (especially breast and colon) and diabetes among adults and reduces overall mortality and the risk of premature death (4).

Due to busy work schedules, many people find it difficult to attend gyms or clubs on a regular basis. This can sometimes make it impossible to exercise. These exercises can be done at home or in the office easily without the need for any special guidance, environment, or equipment, making life easier (5). In this respect, the concept of snacktivity can be introduced.

Snactivity, a physical activity snack, typically lasts between 2 to 5 minutes. For example, activities such as walking while using a mobile phone, dancing while cooking, and calf raises while brushing teeth can be considered in this category (6). Simple

or small movements that are considered 'Snactivity' can become routine more quickly than complex ones, which is a facilitating factor in integrating physical activity into daily life (7). In addition, Snactivity may be particularly suitable for individuals with chronic diseases or disabilities, as short-term physical activity is more accessible and easier to achieve (8).

Snactivity may offer us an effective strategy to increase overall physical activity and at the same time reduce sedentary behaviour (9). It can be recommended in terms of public health as an activity that can be short-term, be enjoyable, has a very low degree of difficulty, and can be done by all age groups.

Conflict of Interest

The authors declare that there is no conflict of interests

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