

Staying Active at Home

Exercise is important for our physical health and mental well-being. However, fitness routines can be one of the first things we sacrifice when life becomes hectic or schedules change. You can incorporate physical activity into your days at home through on-demand streaming, downloadable apps, YouTube channels, and more.

Fragmenting your workout into 10-minute bouts is an effective way to exercise when you might not have the time for your regular routine. Try to do two or three, 10-minute sessions most days of the week. A morning circuit, a brisk 10-minute afternoon walk, and 10 minutes of playing with your kids in the evening can work wonders for your health.

Make Exercise a Priority

- Begin first thing in the morning. Before starting work, aim to fit in 15–20 minutes of exercise.
- Schedule a block of time, or a few mini blocks of time, to fit in your exercise.

- Add your workout breaks to your calendar or set reminders on your phone and stick to them!

Stretch Often

The body is meant to move! This means, we always need to be adjusting ourselves, consciously correcting our posture, and moving.

- Stretches that focus on your neck, shoulders, chest, hips, and back are great for helping open muscles that are tightening with increased sitting.
- Mobility exercises for your mid back or your thoracic spine (the area mainly between your shoulder blades) are also extremely beneficial in helping prevent poor posture.
- Aim to stretch at least two times a day, morning, and evening to make it easy.



Be Imaginative and Have Fun

While many of us may not be commuting to work, walking with our dog group on the weekends, or stepping out for coffees, there are still small things we can do to increase activity by finding opportunities for movement:

- Microwaving lunch? Walk around the kitchen table five times before it's done.
- Bathroom break? Walk to the nearest window to catch some rays before heading there.
- Walk in place while watching TV.
- Drink two liters (about 67 ounces) of water throughout the day so you'll get up to go to the bathroom. This helps you stay hydrated, too!

Move Outside

Activities such as gardening and yard work can contribute to healthy living. Gardening can help lower blood pressure and cholesterol, and may help prevent chronic health conditions when practiced on a regular basis. Gardening gives all major muscle groups a good workout. Whether you are digging up soil, setting plants, or carrying water, exercise is taking place.

Yard work like mowing the lawn, raking, and pruning can be calorie-burners, too. Even simple garden tasks such as tilling, digging, planting, and weeding, or simply walking around the yard can increase heart rate and tone up the body.

Clean Your Way to Health

Cleaning may seem more like an unwanted chore versus healthy activity, but there may be no better time than the present to tackle cleaning. With many of us quarantined at home, now is the perfect time to tackle seasonal chores and purge those pantries and closets.

- Purge or reorganize your kitchen pantry. Get creative and make meals with foods that you already have.
- Declutter and rearrange closets. Moving clothes to other locations in the house burns calories, too!
- Sweeping, dusting, washing windows, cleaning the garage. These household chores will give your arms and legs a workout!

As of April 30, 2020

