



PHYSICAL ACTIVITY AT HOME



Movement is important and can be even more so in a crisis to support not just our physical health, but also our mental and emotional health. When individuals start to feel shut in, cramped, and anxious, physical movement can help them feel expansive and relaxed.

However, your physical activity is more limited right now because of your inability to go to a gym, or group fitness class, or meet up with a running group. Try to focus on a few small opportunities of physical activity rather than a big sweeping change to your activity routine.

HERE ARE A FEW IDEAS FOR PHYSICAL ACTIVITY AT HOME:

1. Take several small 15 minute breaks to walk outside when the weather allows.
2. Climb the stairs in your home if you have them.
3. *Yoga With Adriene* is a good free yoga channel on YouTube.
4. Local fitness companies are offering virtual group classes without leaving your home, which is a good way to get exercise and support small businesses right now.
5. Stretching counts! Do a quick series of stretches to help you feel expansive when you might be stuck inside.
6. Spell your workout. There are many creative workouts where you do certain exercises for each letter and you spell out your name or a phrase. Simply do a quick online search for spell your workout and take your pick!
7. Get the kids involved. You may have kids at home (or even neighbors) that are missing out on their activities right now as well. Invite the neighbors out for a fun driveway workout with everybody in their own driveways doing jumping jacks, yoga, or a fun dance party. The kids and adults will both love this!

Remember that physical activity isn't really about maintaining a healthy weight. It's about giving your body what it needs. We were designed to move. To reward you when you engage in movement, you also get lower stress levels, increased happy hormones for your brain, and decreased risk for injury. Get moving in whatever way works best for you!