

# HEALTHBREAK

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## Fitting in Fitness During a Pandemic

For many of us, the coronavirus has halted our exercise regimens. But, now more than ever, physical activity is important – it can have a huge impact on any emotions or stress you may be experiencing during these unprecedented times.

Even a small amount of movement can make a difference. Whether you're a seasoned fitness buff or just starting to exercise, here are some tips to help you stay active during quarantine:

**Get outside.** Take a socially-distanced walk, jog, or bike ride. Walking your dog, gardening, or mowing the grass are also good options. Your mental health will benefit from the sunshine and fresh air.

**Be social.** Play games like tag or hopscotch with your kids. Have a dance party. Communicate with your neighbors and coordinate fun things to see on your walks. Plan a social distance scavenger hunt.

### “Sneak” movement into your routine.

- **Use your chores.** When done at a brisk pace, household tasks like scrubbing, sweeping, dusting, and vacuuming can all add up. Plus, they work your arm and leg muscles.
- **Exercise during commercial breaks.** Many of us are watching more TV, so why not make the commercials count? Add in some squats, jumping jacks, push-ups, or lunges.
- **Take advantage of pauses.** When you're waiting for that next Zoom meeting to start, do some arm exercises or sit-ups.
- **Move around the house more.** Walk around while you're making calls. If you have stairs, go up and down them a few times throughout the day.

**Use technology.** YouTube is a great resource for free workouts. Check your gym to see if they're offering virtual classes. This can keep you accountable and provide that social connection many of us are lacking during this time. Activity video games like those from Wii are another option.

Source:

<https://www.helpguide.org/articles/healthy-living/exercise-during-coronavirus.htm>



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