

## Staying active can be difficult during COVID

Gyms are closed, our routines are changed, but now is a great opportunity to start exercising at home.

### Benefits of exercise:

- Reduces stress
- Improves sleep
- Lowers blood pressure
- Improves memory
- Decreases cholesterol <sup>1</sup>

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*“The human body is the only machine that breaks down when not used.”*

*- Dr. Thomas Cureton*

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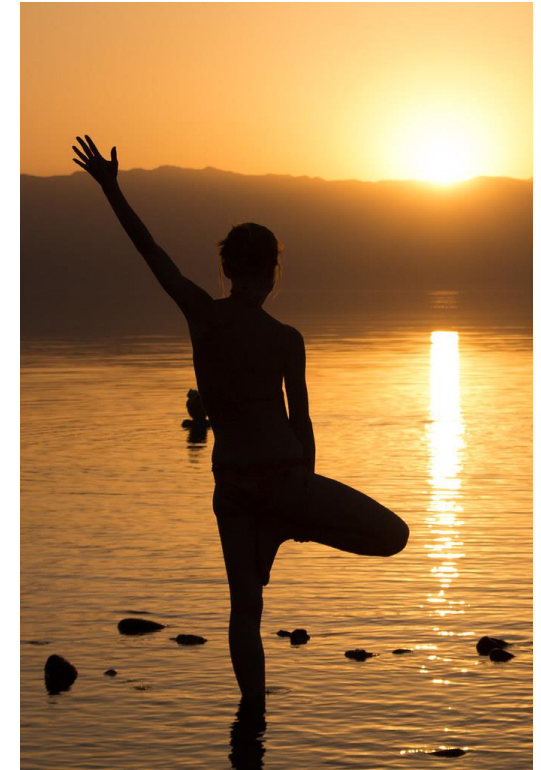


*\*Photo credit "Running on a treadmill" by eccampbell is licensed under CC BY-SA 2.0*

Always remember to ask your doctor before starting a new fitness routine.

### References:

1. American Heart Association Recommendations for Physical Activity in Adults and Kids.  
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
2. American Council on Exercise: How to Keep Moving During Covid-19:  
<https://www.acefitness.org/education-and-resources/lifestyle/blog/7499/how-to-keep-moving-during-covid-19/>
3. Orthoinfo – American Academy of Orthopedic Surgeons: Staying Fit and Active During Covid-19:  
<https://orthoinfo.aaos.org/en/staying-healthy/staying-fit-and-active-during-covid-19/>



**STAYING  
ACTIVE  
DURING  
COVID-19**

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### **The CDC and American Heart Association recommend:**

- 150 minutes of moderate intensity exercise a week OR...
- 75 minutes of high intensity exercise a week AND...
- 2 days a week of activity that makes your muscles work harder than usual.

### **Having trouble staying active with a busy lifestyle?**

- Taking just a few minutes to move around throughout the day is better than nothing. Below is a link with some ideas. <sup>2</sup>



## **Free Apps for Home Workouts**

### **Nike Training Club**

- Includes many home workouts including yoga, cardio, weight training, and HIIT.

### **Daily Workouts Fitness Trainer**

- Great option for beginners with home workouts from 5 to 30 minutes.

### **Seven – 7 Minute Workout**

- Great for those who can't find the time to work out.

### **My Fitness Pal**

- This is a great app for tracking what you eat to help you keep a healthy diet.

There are many more excellent free and paid apps and websites for home workouts. These are just a few popular options.

## **Other Free Online Resources**

### **Yoga with Adriene – yoga videos**



### **Men's Health UK – variety of workout videos and plans**



### **POPSUGAR – variety of workout videos**



### **Caroline Girvan – 10-week fitness programs**



Scan QR codes with your phone's camera for links.

