

Staying active during COVID-19



GET MOVING

- Try and move your body by walking, running, cycling, stretching, playing sports, working out, dancing, or any other way that feels good to you.



INCLUDE MOVEMENT IN YOUR DAILY ROUTINE

- Set up a daily routine that involves movement.
- This can include something as quick as a stretch, or something longer such as a virtual exercise class.
- Either way, try and find a way to fit something into your daily routine.



GET CREATIVE

- With gyms and recreations centres closed, it can be hard to find ways to get in a good workout.
- Download an app (many fitness apps are now free) for at-home workouts.
- Browse hundreds of free workout videos on youtube.
- Play music you enjoy and dance, make your daily chores active, play an active game with your family/roommates, try yoga, go for a walk and listen to a podcast, go for a bike ride, or garden.
- Get creative with whatever feels good for you!

WHY IS MOVEMENT IMPORTANT?

- Regular activity and movement is not only good for your body, but your mind as well.
- It can reduce high blood pressure, help maintain weight, reduce the risk of heart disease, stroke, and type 2 diabetes.
- Lastly, it can improve mental health and improve feelings of wellbeing.



FIND SOMETHING THAT MOTIVATES YOU

- Whether it is a workout buddy in your household, a friend you meet with virtually, an upbeat playlist, or wearing your favourite outfit, look for something that makes you want to be active.



BE KIND TO YOURSELF

- Have compassion for yourself. Some days you might feel as if you can run a marathon, and some days it might be hard to get yourself on the yoga mat. Remind yourself that this is okay, and that you don't need to emerge from the pandemic with a 6-pack of abs.
- Start slow if you are trying new workouts you haven't done before - this can help prevent injury.
- Try not to compare to others. Everyone's daily exercise will look different right now.



**For advice on exercise specific to you, consult your health care provider.*

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