



WAYS TO GET ACTIVE ANYWHERE



In the coming weeks, it is important to integrate movement into our daily routines to support both our physical and mental health. Regular exercise helps to strengthen the immune system, reduce stress, and improve mood. The most important thing is to get up and move, whenever or wherever works for you!

Strength

Do 10-15 bodyweight exercises like push-ups, lunges, leg raises, squats or sit-ups.

Hold position for 15-30 seconds at the bottom of the move to challenge your muscles even more.

Try balancing on one leg to strengthen the leg muscles. Use a chair for support if you need it.

Use household items like water bottles or cans of food as weights.

Cardio

Get outside and go for a **run or brisk walk**. Just remember to keep 6 feet away from others.

Take the stairs. Walking up and down stairs can be a great cardio workout.

Do a virtual cardio workout with friends. Put the same video on and follow along together.

Do 20 jumping jacks wherever you are.

Stretch

Do 10 minutes of standing stretches or yoga poses right after you wake up.

Add movement to your day with these **seated stretches:** bit.ly/DeskExercise

Vary your body position during the day to keep the muscles moving.

Before going to sleep, **try 10 minutes of stretches or yoga poses** while lying down to release any muscle tension.