

## Tips for Staying Active at Home

Movement is an important coping mechanism to use in times of uncertainty. It can help keep anxiety at bay, boost your immune system, and maintain a sense of normalcy and well-being!

- Maintain a regular routine, and include exercise as part of this routine (for example, get up at the same time each morning, exercise, shower, breakfast, work...), however this may work best for you.
- Get up and out of your chair every 30 minutes. Set an alarm if you need to!
- Get out for a walk
- Don't forget to keep the mind active! Read, do a crossword puzzle, play board games, etc.
- If you belong to a gym, check to see if they have any online offerings during this time.
  - o Island Health & Fitness is offering free Les Mills at home workouts for members while they are closed!
  - o Planet Fitness, regardless of whether you're a member, is hosting a series of free fitness classes called "Home Work-Ins," live on their Facebook page every day at 7 pm EST. If you can't participate at that time, they will be made available afterward.
- Take advantage of some of the free trials that fitness apps and programs are offering right now:  
\*Keep in mind, most will charge you automatically if you don't cancel your subscription before the free trial has ended
  - o Down Dog App – Offering free yoga, HIIT, and barre classes until April 1, 2020
  - o Obe Fitness – Live online fitness classes with a free 30 day trial (use code ATHOME)
  - o Beachbody – Online classes with a free 14 day trial
  - o Peloton – Offering new subscribers a free 90 day trial (you do not need to have the Peloton bike or treadmill to participate in these workouts)
  - o Tone It Up app – Free for new users for the next 30 days
  - o CorePower Yoga – Starting March 16<sup>th</sup>, CorePower will be taking its in-studio experience online, free of charge, with options for beginners all the way to a mix of strength training moves and yoga sequences
- If you are not interested in subscription services, YouTube has many great (free!) exercise video options. Some good channels include Fitness Blender, The Body Coach, HASfit, Yoga with Adriene, and Blogilates.

Try one of these bodyweight HIIT (high intensity interval training) workouts!

If you are unsure how to do any of the movements, do a quick google or YouTube search before starting.

**3 rounds:**

30 high knees  
5 squat jumps  
25 mountain climbers  
5 squat jumps  
20 lunges  
5 squat jumps  
15 bicycle crunches  
5 squat jumps  
10 push-ups  
30 second wall sit

**3 rounds:**

Plank with 10 shoulder taps (5 per side)  
20 burpees  
30 second wall sit  
40 crunches  
50 jumping jacks