

STAY ACTIVE!

Wondering how to stay active during this period of shutdowns and social distancing?

Use some of the tips below to make sure you are getting your recommended amount of daily exercise.



Walks

With the arrival of warmer spring weather, getting out for a brisk walk is a great way to get exercise. Have pets? Bring them along so the whole family can enjoy.



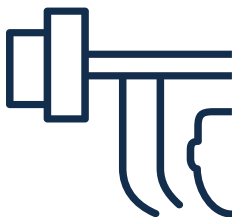
Spring Clean

While cleaning is a chore, it can also be great exercise! Complete two tasks in one by getting your spring cleaning done while also getting a great workout.



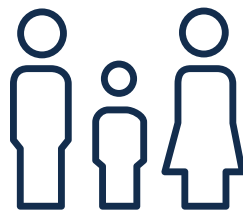
Try Out a New Gym

Many gyms are offering virtual classes for free or for discounted rates while physical locations are closed. This is a great time to try something new!



Need Equipment?

Get creative! A coffee table can double as an exercise bench, or you can use laundry detergent bottles or gallon milk jugs as alternative dumbbells.



What About Kids?

Keep your kids active by engaging them in a game of tag or jump rope. Or you could tune into a virtual family yoga class.



How Much Exercise Should You Get?

Wondering how much exercise you should get or need more tips on how to get it? Visit the CDC's Physical Activity page for more details.