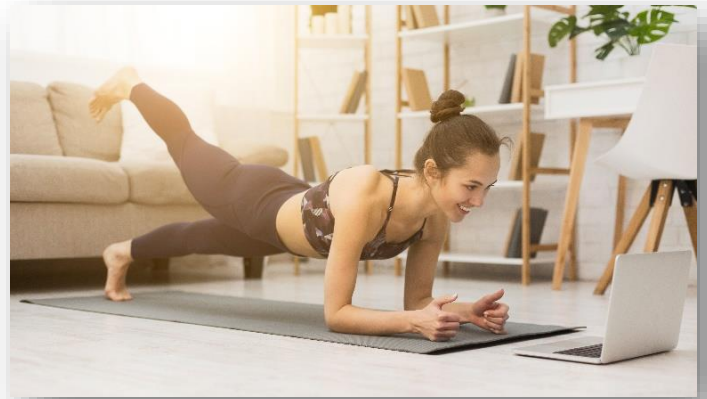


Staying Physically Active during Quarantine

Why stay physically active?

COVID-19 has brought upon challenges, restrictions and limitations in our day-to-day. During this time, it is important that we engage in physical activity while following necessary and appropriate precautions. People of all ages and abilities should strive to be as active as possible. Physical activity can provide a daily routine, boost our immune system and help us cope during this time.



How much physical activity?

The World Health Organization (WHO) recommends that adults aged 18 and older:

- Do at least 30 minutes of moderate-intensity physical activity 5 days per week
- Including muscle-strengthening activities 2 or more days per week

**Adults 65+ or with limited mobility should do 3 or more days per week to focusing on balance to prevent falls*

Free resources for staying active at home:

- **Deskercise: free guided videos** that are fun, low-impact and can be done at your desk
myllu.llu.edu/livingwhole/deskercise/
- **Planet Fitness: free streaming** of their classes on Facebook
facebook.com/planetfitness/
- **Fitness Blender: 30-day free trial** of videos (beginner to advanced) to get/keep active and fit
fitnessblender.com/videos
- **Nike Training Club: iOS/Android app** provides **free home workouts** for all fitness levels
nike.com/ntc-app
- **7 Minute Workout: free iOS/Android app** provides high intensity bodyweight exercises
apps.apple.com/us/app/7-minute-workout/id650762525
- **Lose Weight for Men: free iOS/Android app** that provides low-impact exercises, 30-day plan, 5-10 minutes/day, no equipment needed
apps.apple.com/us/app/lose-weight-for-men/id1460546771
- **7 Minute Workout for Women: free iOS/Android app**, provides workouts to lose weight, tone muscles, and improve cardiovascular health at home (no equipment)
- **My Fitness Pal: free iOS/Android app** or myfitnesspal.com home workouts for all fitness levels
- **Peloton: 90-day free trial iOS/Android app** and www.onepeloton.com provides a variety of workouts live and on-demand for all fitness levels
- **Les Mills on Demand: free streamed workouts** for all fitness levels
<https://www.lesmills.com/ondemand/>
- **Daily Burn: 60 days free** of at home workout videos
dailyburn.com/landing#!home
- **Barre3: offers 15-days of free** online classes
barre3.com/



2-Week Sample Physical Activity Plan

Please do not engage in physical activity if you have a fever, cough and difficulty breathing. Stay home and rest; seek medical attention by calling in advance.

When going on a walk always practice physical distancing, wear a mask, and wash your hands with soap and water before leaving and as soon as you get home (if not available, use alcohol-based hand sanitizer).

Week 1	
Sunday	Cardio and Strength: do one “Cardio Strength” workout from the Daily Burn
Monday	Cardio: go on a 30-60 minute walk
Tuesday	Cardio: do one “Body Step” class from Les Mills on Demand
Wednesday	Rest/Recovery: do one Deskercise video focusing on stretching
Thursday	Cardio: go on a 30-60 minute walk
Friday	Cardio and Strength: do “The Workout” from Barre3
Saturday	Rest/Recovery: do a recreational activity that brings you peace and joy

Week 2	
Sunday	Cardio/Strength: do “Core Crunch 2.0” and “Basic Burner” from Nike Training Club
Monday	Cardio: go on a 30-60 minute walk
Tuesday	Cardio: do one “Home Work-In” video from Planet Fitness
Wednesday	Rest/Recovery: do one Deskercise video focusing on stretching
Thursday	Cardio: go on a 30-60 minute walk
Friday	Cardio and Strength: do one fitness class from My Fitness Pal
Saturday	Rest/Recovery: do a recreational activity that brings you peace and joy

