

# CORONAVIRUS (COVID-19)

## Staying Active at Home



### Make chores fun.

Put together a selection of upbeat songs that will get you motivated. Playing music while you clean gives your brain that jolt of dopamine it needs to stay engaged. And you can always take a moment to dance!



### Exercise at your desk.

Working from home? Set a timer or use the app StretchClock to remind you to get up and move hourly. Simple stretches such as reaching overhead, shoulder shrugs, bending to touch your toes, twisting from side-to-side, and windmills can help prevent stiffness and joint pain. Try standing while you eat lunch or are on the phone, and add in an occasional walk. Not only will your body feel better, but this will help with stress as well.



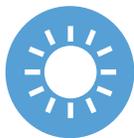
### Play with your pet.

Combine efforts so that you and Fluffy exercise together. Playing fetch, wrestling, and walking are all good ways that you can spend 20-30 minutes engaging in fun activities with your pet that will also get you moving.



### Workout while you watch.

It's easy to binge watch a good show or have a movie marathon. Instead of sitting on the couch or lying in bed, burn calories in front of the TV. Crunches, burpees, leg lifts, jogging in place, or lifting hand weights are a few examples of exercises that will keep your body moving while enjoying an episode.



### Discover your backyard.

Whether it's yoga on the deck or tending to your garden, getting outdoors provides a change of scenery, plus you also can soak up some vitamin D (just remember to wear sunscreen!). More great ways to burn calories include jogging the perimeter of your yard, playing soccer with your kids, jumping rope, or push mowing your lawn.



### Repurpose household items.

Don't have exercise equipment? Everyday items can keep you fit without gym equipment – try canned food for weights, a chair for triceps dips and wall-sits, stairs for cardio, or your bed for balancing and core strengthening.



### Rekindle old hobbies.

Do you have a pile of fabric or wood lying around in a closet or the garage? Now is a great time to finish that project you started. Hobbies occupy your mind, encourage relaxation, provide an outlet for stress, and are great ways to spend some free time.

For more resources and updates about COVID-19, visit [pardeehospital.org/coronavirus](https://pardeehospital.org/coronavirus)