



FITNESS DURING COVID-19



Tips for keeping active while practicing physical distancing during the COVID-19 pandemic.

1 UTILIZE HOME FITNESS APPS

A variety of apps are available for free or at varying price structures that can be used with or without home gym equipment.



2 GET CREATIVE AT HOME

If home gym equipment is unavailable, get creative at home with aerobics, yoga, mat pilates, sit-ups, and/or bodyweight training.



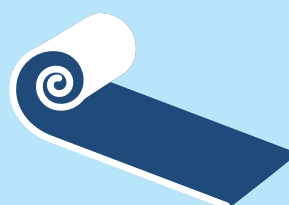
3 DON'T OVER-EXERCISE

Over-exercising can lead to injury requiring treatment, and those with asthma must take care to avoid asthma exacerbations while working out.



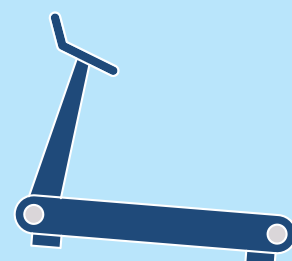
4 MAINTAIN PHYSICAL DISTANCE WHILE OUTDOORS

Outdoor activities including walking, bicycling, hiking, and jogging are great options as long as you keep your distance.



5 SET A ROUTINE

Come up with an exercise schedule and routine. Once you have it, you will be more likely to maintain it.



6 CONTACT YOUR HEALTHCARE PROVIDER

They can help you develop a personalized and tailored exercise regimen virtually that will suit your needs.



7 AVOID OVEREATING

Overeating or binge-eating can be common during stressful times or even just due to boredom. Be aware of your eating habits and make healthy choices.



8 HAVE FUN!

Find physical activities you enjoy and you'll be more likely to stick with them.

