Consult your healthcare provider before starting an exercise program.

Lift Weights
If you don’t have weights, you can use objects found around your house. Some common ideas are gallon jugs of water or milk, bottles of laundry detergent, bags of pet food or potatoes, and heavy books.

Online Exercise
Get moving in the comfort and privacy of your own home. Many online fitness programs don’t require special equipment, and are free or low-cost. Some sample videos can be found at https://www.nutrition.gov/topics/exercise-and-fitness/exercise-examples-and-videos.

Virtual Dance Party/Karaoke
Dancing to music at home is a great way to get your blood pumping and, if you’re self-conscious, keep your dignity intact. If you have a karaoke microphone, use it to sing along.

Indoor Treasure Hunt
Set up an indoor treasure hunt, leaving clues to find dollar store trinkets or things you already have. Search online to find many different treasure hunt themes, printables and prize suggestions.

Go for a Walk
If the weather is clear, take a brisk walk outside and enjoy some fresh air. Remember to bring your mask, and put it on if you’re around people from outside of your household!