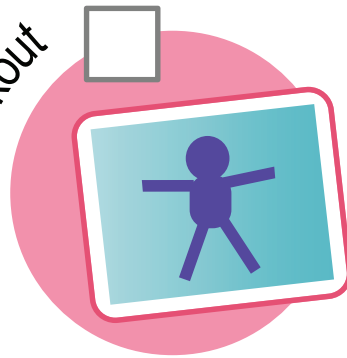


Lift weights

Online workout



PHYSICALLY ACTIVE



Virtual dance party and/or karaoke



Indoor treasure hunt



Go for a walk

Spending Time together Preventing COVID

time together during COVID

week

3 Physical Activities

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!