EXERCISE AND MAINTAINING A HEALTHY ROUTINE

Keeping active at home doesn't have to be a chore and doesn't require workout equipment. Here are some easy tips and ideas to keep yourself moving throughout the day.

Simple Goals
"Every day I have a plan to take a minimum of two long walks, one in the morning/early afternoon and the other in the evening. Set simple, easily-attainable goals."
-Dr. Jacob Barkley

Exercise Ideas
- Squats or sit-and-stands
- Push-ups against a wall or on the floor
- Run up and down the stairs or from room to room during TV commercial breaks
- Dance or try yoga!

Body Weight Exercise
"Body weight exercises work very well for maintaining skeletal muscle mass when gyms are closed. Don't give up that strength training regimen!"
-Dr. Derek Kingsley

For additional resources
American College of Sports Medicine activity resources: bit.ly/3ahP2hG

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