Being Active at Home

There are many ways to exercise our mind & our body at home!

- Take this opportunity to work on your mind/body connection. Try a gentle yoga session online.
- Having trouble with anxiety and/or having a difficult time focusing?
  - Try even 5 minutes of guided meditation.
- Walk before and/or after a meal
- Walk your dog
- Walk & talk on the phone instead of sitting, even if it’s around the house.
- Turn up the tunes & dance around your house!
- Add moves to your morning routine. Standing at the kitchen sink? Do some heel raises.
- Walk heel-to-toe as you go from one place to another around your home to challenge your balance.
- Commercial breaks—if you are watching a recorded show, let the commercials play & get some movement in.
- Drink more water to ensure you have to “get up & go!”
- Spring cleaning—there is no time like the present!
- Yard work
- Clean out your closet.
- Set a timer to remind you to get up & move around.
- Do you have stairs? If your joints permit, walk up/down the stairs a few times, several times a day.
- If you have more than one bathroom, use the one furthest away.
- Don’t forget to exercise your brain!

Try a few of these resources to exercise our mind & our body at home.

MEDITATION

- **Insight Timer Guided Meditation App** - [https://insighttimer.com/](https://insighttimer.com/)
  How can meditation help relieve Corona Virus Anxiety

- **Headspace Meditation App** - [https://www.headspace.com/headspace-meditation-app](https://www.headspace.com/headspace-meditation-app)
MIND/BODY

- **Yoga Practice to Relieve Neck & Back Pain** with Carol Krucoff from Duke Integrative Medicine:
  https://www.youtube.com/watch?v=NKWtX0aivvk

- **Gentle Yoga with Adriene:**
  https://www.youtube.com/watch?v=jsLAc-2y0bE

CARDIO/STRENGTH/FLEXIBILITY

- **You Are Your Own Gym:** this app gives you exercise options utilizing body weight. No equipment is needed. Gives novice, intermediate, advanced & elite workout options-

- **Aaptiv:** this is an audio based fitness workout with cardio, strength, flexibility and mind/body options-https://aaptiv.com/

- **Sworkit:** this is a home based workout app giving with cardio, strength, flexibility and mind/body options-https://sworkit.com/

- Check out this link with the “**8 Best Apps for Older Adults**” for more ideas: https://www.silversneakers.com/blog/8-best-fitness-apps-for-older-adults/


Create a routine at home. Aim to do “something” active at least 3 times per day. Here’s a sample routine to try!

1. Go to www.exercisecode.com
2. Enter your code: **XEP5835**
3. Click the “Activate Code” button

This online exercise program provides engaging exercise animations and detailed instructions to help you learn how to perform each exercise. Be sure to read the notes section. We have provided some modifications to the exercises. To take your exercise programs with you, simply download the Perfect Fit 360 Mobile App and enter your code. It’s that easy!

**For Your Safety:** Stop exercising immediately if you experience any of the following symptoms: severe pain, numbness, tingling, loss of strength, dizziness, shortness of breath, nausea. Consult a trained healthcare professional prior to resuming exercise.