

How to **stay active** during COVID-19 social isolation

Working from home and social distancing make it more likely that you'll stay sedentary. You need physical activity to keep your body and mind healthy and to keep your spirits up.

Being active is even more important during stressful times like these. Exercise is a great way to reduce stress and boost your immune system. When you exercise regularly, you're also better able to recover quicker from illness.

These tips, tricks, and resources will help keep you active and healthy during these stressful times.

HOW MUCH EXERCISE DO I NEED?

It is recommended that adults get 150 minutes of moderate intensity exercise or 75 minutes of high intensity exercise per week. But don't get hung up on numbers. Even as little as 15 minutes a day has benefits.

When you're doing moderate intensity exercise, you should still be able to talk without losing your breath.

HOW DO I EXERCISE AND MAINTAIN SOCIAL DISTANCING?

- If you are stuck at home working, sit less. Take frequent breaks to move and stretch. Spend some time working while standing up, if that's possible for you.
- You don't need a fancy gym. Use your own body weight. Do push-ups, squats, planks, sit-ups, and other resistance exercises that don't require equipment. Do sets of 8 to 15 repetitions with 2 to 3 minutes of rest in between. Do 2 to 4 of sets of each exercise in one workout session.
- Dance like no one is watching. Let it rip!
- If you are new to exercise, start with simple stretching exercises or yoga. You can find lots of great online classes. If you're new to yoga, start with a "flow" session and branch off from there.
- Get a partner involved. We're social creatures. Challenge a friend or loved one to join you. Facetime/Zoom/Skype them in on your sessions to make it a little bit more enjoyable and to keep you motivated.
- Search online for free resources to keep things interesting. Don't be afraid to try new things like pilates, yoga, or zumba. We've included some local and other online options.
- Get creative! Even things like gardening, raking leaves, and yard work count as exercise. Time to get that spring cleaning done!
- Get the kids involved! Create family challenges, obstacle courses, and other games. The fun can be a great distraction from stress.

WHAT ELSE CAN I DO TO STAY HEALTHY?

- Maintain your hobbies or learn a new one. It's easy to get stuck reading, watching the news, or getting sucked into social media. These are good distractions, but doing something that activates your brain, rather than just feeding it passively, can do a lot for your mental wellbeing.
- Get some fresh air. Even if it mean simply opening a window or standing on your deck or porch. A walk is great as long as you can maintain appropriate distance. The trails have been crowded, so going at off times of day can help.
- Eat healthy and avoid excessive use of alcohol. Comfort foods seem like a good idea at times like this, but they're not always the healthiest. Eat lots of whole foods (fruits and vegetables) and stay hydrated.
- Meditate. Meditation is a great way to calm down an anxious mind. Headspace is the world's largest online meditation platform, with a free Weathering the Storm collection. Download the app or visit www.headspace.com.

LOCAL FITNESS RESOURCES

Bliss Yoga

bliss-yogastudio.com
Zoom classes

Heat Yoga Studio

heatyogacr.com
Livestreaming class-
donation only

Performance Health and Fitness

Free classes-see
Facebook and YouTube

Downward Dog Yoga

downwarddog-yoga.com
Zoom classes with
membership or
punch card

Orangetheory Fitness

coralville.
orangetheoryfitness.com
A sampling of free
online classes

Farrell's

coralvilleoakdale.
extremebodysaping.com
Daily workouts on
YouTube and Facebook

Jazzercise

See Facebook and
Instagram for free
Jazzercise on demand
and weekly online
personal training
workouts

Versa Fitness

facebook.com/
versafitness/
Free daily Zoom online
HIIT (high intensity
interval training)
workouts on Facebook

ONLINE FITNESS RESOURCES

Down Dog

Free through May 1
Customizable workouts
from HIIT to yoga

CorePower Yoga

Free online classes
High intensity and
relaxing yoga classes

AAptiv

Seven day free trial
Yoga, strength training,
stretching
Audio based only-
more suited for
experienced users

Les Mills On Demand

Free 14 day trial
800+ workouts from 15
to 55 minutes long
HIIT, dance cardio,
martial arts
Options for kids' workouts

Centr Fit

Free seven day trial
HIIT, boxing, yoga,
strength training
Guided meditations
Meal planning

Fitbod

Three free strength
building workouts for
new users and free body
weight workouts

Unplug

One week free trial
Daily meditation

ClassPass

Free access to 2,000 pre-
recorded workouts
Yoga, HIIT, cardio and
strength training

Nike Run Club

Free
Distance/pace tracking
app with audio guided
running and walking

DanceBody

Free seven day trial
Dance inspired cardio
workout

Barre3

Free 15 day trial
Barre workouts

Sweat by Kayla

Free seven day trial
10- to 28- minute
strength workouts

Obe Fitness

Cardio, strength training,
and stretching classes
Kid-friendly classes

Daily Burn

Free 30 day trial
Online community with
recorded workouts
Virtual one-on-one
training sessions

The Body Coach TV

YouTube channel with
classes

Peloton

90 day free trial
Yoga, strength training,
virtual running
Includes live daily classes
Some workouts require a
treadmill or Peloton bike