

# WHAT TO DO WHEN THE GYM IS CLOSED



## FOLLOW AN EXERCISE CLASS ONLINE

There are plenty of resources out there. Be sure to take advantage of them! Many of them are free and accessible on YouTube.



## TAKE ACTIVE BREAKS DURING THE DAY

Brief moments of activity can add up to your weekly recommendations. Activities like chores and gardening keep you active and isolated.



## REDUCE SEDENTARY TIME BY WALKING OR STANDING

Even in confined spaces, walking around or in place will help you remain active. If you choose to do this outside, maintain at least a 6-foot radius from others.



## REMEMBER TO EAT HEALTHY AND STAY HYDRATED

As always, it's important to eat the right foods to get your necessary daily vitamins. Limit your salt and sugar intake, and drink plenty of water.