

Ideas for At-Home Physical Activity During Isolation

So, you're stuck at home as part of social distancing to slow the advance of the COVID-19 pandemic. Thanks for doing your part to help keep yourself and others safe! However, you may find that as the days go by, you're getting tired, bored, or maybe even irritable. And with gyms and schools beginning to close for the coming weeks or months, you or your kids' typical routines may be disrupted. The good news is that some smart physical activity in and around your home can [lift your spirits](#), make you feel better, help your body stay or become physically fit, and provide some helpful structure to your days.

As the Director General of the World Health Organization (WHO) [said](#), "during this difficult time, it's important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it."

Here are ten fun tips for you, and anyone else in your household, to build some healthy physical activity during your time at home:



Go outside for a walk, run, or bike ride, as long as your local guidelines allow it.

Walking not only counts as [physical activity](#), but can [make you happier and help you overcome boredom and dread](#).



Take a stretch break.

If you're working from home or spending time watching tv or on the computer, it's important that you don't sit in the same place for too long. Get up and take a few minutes to [stretch](#) and move around every 30 minutes.



Try online fitness videos.

[YouTube](#) can be a great place to seek out some free tips and demonstrations of exercises you can do at home. [GoNoodle](#) is a popular and free platform for kids to get their daily dose of physical activity in fun ways.



Do some yoga.

There are many online [yoga](#) options to try out from the comfort of your own home. Beyond balance and flexibility, yoga has been shown to boost people's moods, lower stress and anxiety, and encourage self-esteem, which can be especially helpful during times like these. And in case you hadn't heard, [yoga is absolutely kid-friendly!](#)



Use a fitness app on your smartphone.

There are likely thousands of fitness apps out there, both free and fee-based, from strength training to yoga to pilates, and more. [An article](#) in The Guardian reviews a few options you have.



Put on some music and dance.

You can do this alone or with your household members. Kids in particular may be excited to join in this activity!



Do gardening or lawn work.

Spring has sprung, and with warmer and wetter weather on the way, plants are growing and trees are blooming. Tend to your garden, grow edible plants like tomatoes, and rake up what's left of those leaves from fall and winter.



Start your spring cleaning.

The end of winter and the lengthening of daylight hours [may energize you](#) for some deep cleaning, reorganizing, and decluttering. Go with it! The motions of cleaning, moving, and tossing out items count both as physical activity and they help cleanse your home of potential microbes that cause illness, [even the novel coronavirus](#). It's a win-win.



Use household items creatively.

Get creative and [use the things you already own](#) to sneak in physical activity. Use cans to weightlift, towels to slide on when doing lunges, or a sturdy chair to do step-ups. Keep in mind you can also go without any equipment and simply use the [floor, walls](#), and stairs (if you have them) to get your physical activity at home.



Play time can be physical activity time.

[Play](#) active games like Twister, charades, and hide-and-seek. Break out skateboards, roller blades, hula hoops, jump ropes, beachballs, and more. Toss around pet toys in the hallway or backyard and get the dog or cat involved, too. This way, everyone gets to have some physical activity fun!

For more information, visit www.kdheks.gov/coronavirus