



# Keeping active at home

Tips to keep you physically active at or near home.

Keeping active can be a little more challenging when restricted to solo pursuits. However, with a little creativity we can all get enough exercise at home.

## Look online

YouTube is a treasure trove of online workout sessions, or dust off that old Michelle Bridges DVD and get moving!

## Give yourself space

Move the furniture and turn the lounge room into your own workout studio.

## Bike Ride

If leaving the house is possible, head out for a bike ride on some of the beautiful and open trails in the area.

## Yoga

Search up a yoga routine online and enjoy raising your heart rate, strengthening and some calming music.

## Embrace Virtual

We may not be able to exercise in groups, but we can still compete if that's your thing. Create virtual competitions and challenge your friends using fitness apps.

## Equipment

No fancy equipment required. There are lots of items around the house that you can use for your workout; load up a backpack for added weights, use the stairs for some glute work or use a towel as a yoga mat.

## Grab a ball....and a kid

A great way to spend time with the kids and get you both active. Grab a ball and head outside for some soccer or basketball. This can be a great cardio workout plus time flies when you're having fun.

## Run or Walk

A great way to clear the cobwebs from the body and mind, if leaving the house is an option. Running or walking is not only great exercise it can be done without a crowd.

## Routine

Establish a routine at home to make sure you do some sort of exercise each day. Wake up early and head out for a walk before your work day starts, or find a yoga routine online for some evening zen.