Tips for Staying Active in Quarantine

**SMALL MOVEMENTS OFTEN**
Next time you watch a TV show, get up and do some squats during the commercials. Do heel raises when you're washing dishes. Knock out some push-ups when you’re waiting for a pot of water to boil. Dancing is also a great way to move your body. Turn on some music and boogie.

**GET OUT AND WALK, EVEN FOR JUST 15 MINUTES**
If you’re able to maintain a reasonable amount of distance and you’re being good about hand hygiene and especially if you’re staying completely home then getting outside for a walk is good. It clears your mind, and it keeps you active.

**YOGA**
Many studios offer free yoga classes, plus online resources. Check these out:
--@lighthouseyoga_etown
--Yoga with Adriene (youtube)
--Blissology Yoga (youtube)
--Studio-805.net

**QUICK HOME WORKOUTS**
Check out these 7-8 min workouts:
--7 min workout: https://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/
--6 min workout x 3 times a day: https://www.nytimes.com/2020/02/18/well/move/in-6-minutes-you-can-be-done-with-your-workout.html

**DANCE DANCE DANCE**
Dance to your favorite tunes, follow an online dance class or play Just Dance online with your friends! --DIME Dance classes (youtube) --Illinois High School Dance Festival --Spotify Playlist: Dance Away the Pain (Pandemic Edition)

**RUN AND BIKE**
Head outside for a run or a bike ride. Tips to be safe:
--wear a mask
--take side routes
--go outside early in the morning or later in the evening

**SOURCES**

Resources can be found on the listed organization’s website, social media, or youtube. Follow the Teen LOFT for more resources on epl.org and Instagram @epl_teenloft.