

STAY HEALTHY

Tips for Staying Active in Quarantine

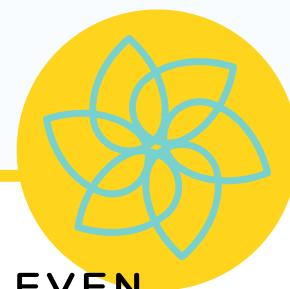
SMALL MOVEMENTS OFTEN

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

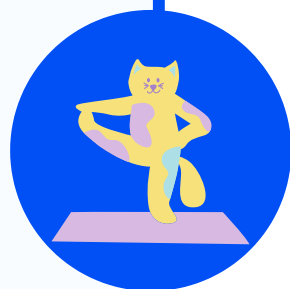
If you're able to maintain a reasonable amount of distance and you're being good about hand hygiene and especially if you're staying completely home then getting outside for a walk is good. It clears your mind, and it keeps you active.



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



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)



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>



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

<https://www.nytimes.com/2020/03/25/learning/how-are-you-staying-healthy-and-fit.html>

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](https://www.instagram.com/epl_teenloft).