

# COVID Coping Strategies



## Stay Active

Stay-At-Home orders and requirements for social distancing may make it tempting to sit at home and enjoy your favorite snack, but regular physical activity is important for staying healthy. Not only is moderate-intensity physical activity associated with better immune function, but regular physical activity can help reduce feelings of stress and anxiety.

### Aerobic Activities

#### Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

#### Outdoor Activities *(following government guidelines)*

- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Go for a bicycle ride.
- Do gardening and lawn work.
- Play active games with your family.

### Strength Training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Find ways to do simple muscle strengthening exercises around your house such as:
  - Squats or sit-to-stands from a sturdy chair
  - Push-ups against a wall, the kitchen counter or the floor
  - Lunges or single leg step-ups on stairs



*Healthier, together.*