STAYING ACTIVE AT HOME

Physical activity is good for our physical and mental health. It gives us energy, decreases stress, makes us stronger and it can help prevent chronic diseases.

With many people working from home, it's even more important to fit some physical activity into your day.

HERE ARE SOME EASY THINGS YOU CAN DO:

Take short activity or stretch breaks throughout the day. Try to reduce long periods of time spent sitting by taking a short 5-minute break every 20 to 30 minutes

Play active games with your immediate family. You can set up playground games indoors or make up some new games – be creative

Do gardening, yard work or chores around the house. Get work done while getting in some activity

Create an indoor workout routine. Try some muscle or strength training using items you already have in your home

Make time for fun. Dance to your favourite music or learn a new skill

Go for a walk or a run outside. Remember to keep a safe 2-metre (6 feet) distance from other people

Try mixing up your activities to add some variety to your routine. Stay hydrated, and if you are a beginner, start slowly and gradually increase the amount of time you spend being active.

It is never too late to add more physical activity to your day.

Learn more at **york.ca/physicalactivity**

York Region