



The Power of Movement During COVID-19

Exercise has the power to change our lives. In short: We *need* movement. Working out makes us strong and flexible, reduces our risk of injury, improves our immune system, and boosts our mental health. In a time where everyone wants to reduce anxiety and avoid the doctor's office if at all possible, staying fit is more important than ever.

However, working out can also feel *harder* than ever. Many gyms are closed, and even as they open up, class sizes are smaller, capacity lower, and the risk of catching COVID-19 remains. That said, there are plenty of ways to get moving that don't significantly increase your risk of transmission. Here's a look at some of the options available to you:

Outdoor Exercise

By getting outside, you can work out while maintaining social distancing:

- Check out [our outdoor options](#) to move and socialize safely.
- Running, hiking, and biking are all great ways to [work out outdoors](#).
- Create a [backyard obstacle course](#) to get kids excited about exercise!
- [Remember to use sunscreen](#) to keep your skin healthy while you're out.

Moving At Home

There are tons of fun ways to get the whole family moving indoors:

- Try a variety of online exercise videos to see what you enjoy.
- If you have a staircase, there are tons of simple stair exercises you can do.
- You can do yoga at home, but ensure you have a mat or soft flooring to protect your joints.

General Wellness

Movement is important, but it's just one part of the wellness journey:

- Set specific wellness goals so you're inspired to reach them.
- Focus on getting all the nutrients your body needs.
- Drink 11 to 15 cups of water every day to stay properly hydrated.
- Try to get seven to eight hours of sleep every night.
- Add mindfulness to your daily routine to decrease stress and increase happiness.

COVID-19 is an unexpected, unprecedented obstacle on the path toward wellness. However, it doesn't have to derail your whole journey. You can make the most of this time by staying flexible and adapting your goals to suit the situation. One day, this will be behind us; in the meantime, live a life you can look back on with pride.

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