

# DON'T FRET. BREAK A SWEAT.

## How to stay active while social distancing (no gym required)

Social distancing doesn't mean you have to say "so long" to staying active, especially when breaking a sweat is so darn good for our health. There are plenty of ways to exercise or be more physically active at home.

With a near-empty social calendar, now's a perfect time to start. Just make sure to get the OK from your health care provider if you plan on trying high-intensity activities!



Being physically active is proven to help reduce your risk of type 2 diabetes, cardiovascular disease, falling, and some cancers. It can also help you manage your weight, boost your mood, and even help you live longer!<sup>1</sup>

### Make working out work for you.

Federal guidelines recommend you get your heart rate up for 150 minutes each week. But if exercising for 30 minutes at a time makes you want to throw in the towel, try breaking it up into 3 smaller, 10-minute chunks.

If you're starting an exercise routine, beginning with small workouts and slowly adding time to them every week is a great way to gradually incorporate workouts into your routine.

We're in a unique time. If you're used to working out at the gym or in a class, working out from home or with less equipment will be an adjustment. But remember, this time in life won't last forever, and doing something, no matter how small, is better than nothing. Plus, who knows, you may even find a new form of exercise you love!



### Create your own home gym.

You don't need fancy machines to break a sweat. All you need is a commitment to yourself, a little bit of space, and a dash of creativity. **Here's how:**

1

#### Commit to a workout calendar

Map out a specific plan, including the days, times, and durations of your home workouts. Reassess every couple of weeks to make sure the schedule you've chosen is working for you.

And remember, every minute (even if it's just 10 per workout) counts!

2

#### Rework your room

Choose a room where you can push aside furniture and create a place to move. You don't have to tear apart your room, but giving yourself an area where you can do jumping jacks and lay down without hitting your head, hand, or foot on furniture is a good place to start.

3

#### Pick your workout

Want to get your heart rate up with some circuit training? Looking for something lower impact like yoga? In the mood for a strength-training sesh? When it comes to home workouts, there are loads of possibilities. Check the next section for a few you can try out or search for some online.

4

#### Gather your equipment

Get a water bottle, towel, and any other supplies you'll need for your workout, and designate a space for them in your new workout area.

5

#### Set the tone

Put on your favorite tunes, cue up a TV show, or listen to your favorite podcast.

**Then, get moving!**



### No gym equipment? No problem!



Dumbbell



Kettlebell



Bench press



Ballet barre



Pilates pole



Exercise slider

#### Strength

Give these [bodyweight moves a try](#). You can do it from your at-home desk or another room in your house!

- No desk? Use a counter or wall to do the push-ups.
- Want to make it a bit more challenging? Hold dumbbells or soup cans in each hand during the calf-raises and arm circles.

#### The best of both

Check out this [22-minute high-intensity routine](#) from our Chief Medical Officer, Dr. Church.

#### Cardio

If you have outdoor access, going on a walk (at a stroll or brisk pace) is a great way to get your heart rate up. If indoor workouts are your only option, jogging or skipping in place can help you break a sweat in a small space.

People who strength train for an hour a week lowered their risk of having a heart attack or stroke!<sup>3</sup>

Remember: Be mindful of past injuries and health conditions. When starting a new routine, it's always best to consult with your health care provider first!

### Other ways to break a sweat:

We get it. Exercise isn't everyone's thing. So, if it's not yours, don't worry! There are plenty of other ways to get the health benefits of exercise without a traditional workout. **Here are a few of our favorites:**

1

#### Get out and garden

Grab your gloves and head to your back (or front) yard! Weeding, digging, mowing the lawn, trimming bushes, and raking leaves are great ways to work your muscles and burn off extra energy.

2

#### Become a cleaning machine

Deep cleaning can help you burn calories and leave your space less cluttered. Plus, according to current guidelines, it's a good idea to regularly wipe down frequently touched surfaces, like faucets, light switches, doorknobs, counters, remotes, phones, and keyboards!

3

#### Take laps

If you're working from home, set a timer that reminds you to take a lap or two around your home every 30 minutes. If it's an option, you can also take a walk in your neighborhood. (And for an added bit of connection, try calling a friend while getting your steps in!)

4

#### Have a mini dance party

Put on your favorite tunes and dance. The point isn't to look cool. It's to get moving. Basically, there's no right way to bust a move.



If you're not "working out," it's still important to try and get your heart rate up for the recommended 150 minutes per week!<sup>2</sup>

## Remember, every little bit counts

Tomorrow is always a new day. So, do what you can with what you've got, and be kind to yourself during this uncertain time.

If you're in the Naturally Slim program, log in to [www.naturallyslim.com/login](http://www.naturallyslim.com/login) from your smartphone or computer to watch this week's lessons. (Or post in NSTown if you have questions for your health coaches!)

#### Not a Naturally Slim participant?

Visit our blog at [www.naturallyslim.com](http://www.naturallyslim.com) for more tips and resources or email your employer and ask them to offer the program.