

Staying Physically Fit at Home

Tips, Tricks, and Light exercises to do with minimal effort!

So what's different now?

- ▶ What are we not doing?
 - ▶ Shopping
 - ▶ Eating out
 - ▶ Going to Shul
 - ▶ Going outside
 - ▶ Going to the gym
 - ▶ “Going” to work

A Quarantine Naturally Promotes...

A Sedentary Lifestyle

- ▶ How does this negatively affect you:
 - ▶ Mood takes a dive
 - ▶ Disease risk increases
 - ▶ Memory loss
 - ▶ Aches and pains- loss of muscle mass and bone density
 - ▶ Weight gain

What are a lot of people doing now?

- ▶ Watching TV
- ▶ Baking (and eating it)
- ▶ Screen time

The problem is...

Those things are fine if done in moderation
But that's easier said than done

So What's Changed?

- ▶ Most of what we do (or did) counts as physical activity without us even realizing it
- ▶ Examples are:
 - ▶ Walking through the aisles of a store
 - ▶ Parking in a lot and walking to and from your car
 - ▶ Going up and down the steps of a building
 - ▶ Carrying groceries
- ▶ **Movement is healthy and important and we can never do enough of it**

Why is exercise and physical activity ALWAYS important?

- ▶ Prevent disease
- ▶ Improves mood
- ▶ Controls weight
- ▶ Increases energy level
- ▶ Builds bone density and slows down muscle loss- weight lifting
- ▶ Builds brain capacity and improves memory
- ▶ Better sleep

Why is exercise and physical activity important during a QUARANTINE?

- ▶ #1 Reason- It will keep us healthy so we are ready to hit the ground running (or walking) as soon as this is all over
- ▶ #1A Reason- To be able to eat more and not feel so guilty about it
- ▶ #1B Reason- To be able to watch more TV and not feel so guilty about it

How do we do it?

- ▶ Let's start by making a list of what we DON'T need:
 - ▶ Treadmill or any other piece of exercise equipment
 - ▶ Weights
 - ▶ Personal Trainer
 - ▶ \$200 shoes

How do we do it while quarantined?

- ▶ Tips and tricks for increasing your level of physical activity without trying too hard to do so:
 - ▶ Walk laps around your living room while reading a book, listening to the radio or podcast
 - ▶ Go for a walk outside
 - ▶ Stand up while watching TV- standing burns more calories than sitting
 - ▶ Gardening or yard work
 - ▶ Clean your house
 - ▶ If you have multiple bathrooms, try using one that is on a different floor than you are currently on or one that is furthest away from you
 - ▶ Weight lifting with soup cans
 - ▶ Make the walk to your mailbox longer- take the steps instead of the elevator, or move your mailbox to the sidewalk

How do we do it while quarantined?

- ▶ Tips and tricks for increasing your overall health:
 - ▶ Put your favorite snacks on the highest shelf to make them harder reach
 - ▶ Drink water- before and during a meal
 - ▶ Limit sugar
 - ▶ Eat protein, fruits, and vegetables
 - ▶ Buy treats in moderation- don't need a sheet cake when one piece will do

At home workout resources

- ▶ Silver Sneakers: <https://tools.silversneakers.com/>
- ▶ 20 Minute Chair Workout: <https://www.youtube.com/watch?v=azv8eJgoGLk>
- ▶ 10 Minute Home Workout: <https://www.youtube.com/watch?v=A2wp8lpxn9s>