Staying Active at Home*

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* These are just some recommendations on how to stay active at home. Before starting any new exercise regimen it is important to consult with your physician before doing so.

General rule of thumb – something is better than nothing
Every hour, get up and move around for ~10 minutes.

Stay hydrated!!
• Trust your thirst. When thirsty, drink!
• If you add exercise or activity you need to add additional fluids.

Incorporate some light stretching in the morning!

Motion is lotion!

Household items can be used for resistance training.
• Backpack
• Gallons of milk
• Chair/couch/stairs used for step-ups
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Exercise Ideas
- Lunges
- Step-ups
- Squats
- Wall Sits
- Push-ups
- Walk up and down stairs
- Yoga (use youtube!)
- Jumping Jacks
- High knees in place

Remember...
Something is better than nothing