

Exercising at Home During the COVID-19 Pandemic

Objective

To identify types of activity you can consistently engage in at home to benefit your physical and mental health during the coronavirus outbreak.

You Should Know

As the coronavirus continues to spread throughout the United States, many fitness facilities have closed. Even if your gym remains open and takes extra precautions by disinfecting equipment and surfaces or reducing class sizes to help members practice “social distancing,” you might not feel comfortable going to a public place to work out.

Cabin fever and inactivity tends to exacerbate fear, worry, and anxiety. You might even begin to feel depressed. Regular exercise can help you feel better in a number of ways. During exercise, your brain increases the production of chemicals that lift your mood and regulate your emotions. With regular exercise, you will feel stronger and more confident. Exercise will also increase the oxygen flow to your brain, which may help you think more clearly, rationally, and positively. Your immune system will also benefit. Please note: If you are feeling sick, avoid working out—get better first, and then add exercise back into your routine.

How do you stay fit if you can't—or don't want to—leave your home? Whether you are using your Smart TV, tablet or cell phone, there are a number of options available if you want to maintain your fitness routine at home. Here are a few free or inexpensive ideas to consider:

1. Check if your local gym is streaming regular studio classes online.
2. Fitness Blender – free cardio, strength, and stretch videos:
<https://www.fitnessblender.com/videos>
3. Obé Fitness – live fitness and dance classes (30-day free trial; use code ATHOME):
<https://www.obefitness.com/>
4. CrossFit – free workout videos, including single exercises and drills:
<https://www.crossfit.com/at-home>
5. NEOU – live and on-demand workouts (30-day free trial): <https://www.neoufitness.com/>
6. P.volve – streamed functional movement workouts (30-day free trial; use code ONEPVOLVE):
<https://www.pvolve.com/>
7. Daily Burn – strength training programs; most workouts involve using only your body as your equipment (60-day free trial): <https://lp.dailyburn.com/workoutathome/index.html>
8. Bulldog Yoga – streaming yoga classes (60-day free trial; use code EXTEND60):
<https://www.bulldogyoga.com/>

9. Peloton – offering a free 90-day trial that includes bike, treadmill, strength, yoga, and stretching: <https://www.onepeloton.com/app>

10. The Bar Method – online barre classes (14-day free trial plus free workouts via Instagram): <https://barmethod.com/>

11. Blogilate – free workout videos, challenges, and plans: <https://www.blogilates.com/workout/>

12. YouTube – free workout videos; simply type in a keyword in the search box (e.g., boxing, HIIT, core exercise, etc.). You will find videos that include treadmills, hand weights, kettlebells, fitness bands, or other equipment you might have at home.

13. Take a walk or hike – getting fresh air and spending time in nature can be uplifting and improve your physical and mental health.

Write down other at-home physical activities that aren't listed above.

a) _____

b) _____

What to Do

Refer to the list and choose three you would like to explore further.

a) _____

b) _____

c) _____

Decide how much time you are willing to spend each day. Fifteen minutes? 30 minutes? An hour? _____

What time of day is most realistic? _____

Use the chart on the following page to record your physical activity for two weeks. Make a copy of the chart, and record the type of exercise and the time you spend exercising. Take note of your mood before physical activity, and how you feel after exercising. In the 'Notes' section, reflect on how you feel physically and anything else that is relevant to your experience.

Day	Type of Exercise	Time Spent	Mood Before	Mood After	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Reflections on This Exercise

After two weeks of consistent exercise, how did you feel?

Describe any obstacles or challenges you faced working out at home.

What can you do to overcome those challenges?

How helpful was this worksheet? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this worksheet?
