

COVID-19

KEEP MOVING IN YOUR BUBBLE!

KEEPING ACTIVE:

- Gives you more energy
- Improves your mood
- Helps your immune system
- Keeps you busy
- Prevents chronic diseases like type 2 diabetes, heart disease, cancer and dementia

SCHEDULE ACTIVE BREAKS IF YOU ARE WORKING FROM HOME OR ADAPT YOUR OLD EXERCISE ROUTINE

INSIDE



YOU CAN ALSO EXPERIMENT

- HOME ROWER, STATIONERY BIKE, TREADMILL OR WEIGHTS
- SQUATS, LUNGES, PUSHUPS, TRICEPS DIPS

REMEMBER

START EASY, BUILD UP SLOWLY

DON'T EXERCISE IF YOU FEEL UNWELL - CALL A DOCTOR IF YOU ARE WORRIED

WASH YOUR HANDS BEFORE AND AFTER AND DON'T TOUCH YOUR FACE



If you have suspected or positive COVID-19 infection, you will be quarantined and cannot leave your home, even to be active. You can use your garden, balcony or courtyard but must be alone. You can also keep active in your bedroom provided you feel well.

OUTSIDE



If you are outside your home bubble,

keep 1.5m distance from others

and don't touch outdoor gym or shared sports equipment



AIM FOR AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY A DAY



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS



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