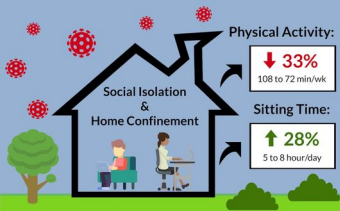


Exercise Is Medicine

Staying Active during COVID-19



COVID-19 & Lifestyle



Physical Activity Benefits

Achieved with 150-300 min per week:

Treats & prevents chronic illness



Improves mental health



Boosts immune function



Maintains healthy bodyweight



Increases fitness & quality of life



Enhances sleep quality



Types of Physical Activity

Informal Activity

Indoor Work

- Cleaning
- Laundry



Formal Exercise

Strengthening

- Yoga
- Bodyweight Exercises



Outdoor Work

- Raking
- Gardening



Aerobic

- Walking/running
- Cycling



Move More & Sit Less



30 min x 5 days = **150 min**

Stay active and stay healthy during COVID-19!

