

TIPS SHEET:

Staying Active During the Pandemic



- Meditation is a proven tool to reduce stress and anxiety; [learn more.](#)

- Try meditation apps to stay calm and ease some distraction.
A few examples are available [here.](#)



- Build physical activity into your daily routine, if possible. Many people don't have exercise equipment at home, but there are still activities you can do. Exercising can be simple and there are options for most ages and abilities, such as:

- Cleaning your home
- Dancing to music
- Going up and down stairs
- Seated exercises
- Online exercise workouts that you can follow
- Sitting less — If you notice you've been sitting down for an hour, just getting up or changing position can help!
- [Learn more.](#)



- Find time to go for short walks to help inspire productivity and creativity. One of the blessings of working remotely is the opportunity to live a more active lifestyle instead of being deskbound, but it's important to make activity a habit. Otherwise you'll fall into the inertia of sitting at your desk all day and never leaving the house at night. [Learn more.](#)

