



# At-Home FITNESS



## WALK.RUN.HIKE

Walk during phone calls, TV commercials, and while brushing your teeth.

Keep 6 ft. between you and others while walking, running, or hiking outside.

Visit [Alltrails.com](https://www.alltrails.com) to find a hike nearest you.



## BIKE

Bike riding builds muscle, improves sleep quality, and enhances lung health.

Visit [Bikeslc.org](https://www.bikeslc.org) for biking trails in your area. Remember to wear a helmet.



## ONLINE MOVEMENT CLASSES

Check-out these YouTube channels for hundreds of free workouts for everyone of all levels:

**POPSUGAR Fitness**

**HASfit**

**Blogilates**

**WalkAtHome**

**Fitness Blender**

**Tone It Up**

**Yoga with Adriene**

**National Institute on Aging**



## GAMES

Musical chairs

Pillow fight

Play charades

Hallway races

In-home obstacle course

Do handstands

Play Wii sports

Hide-and-go seek

Frisbee

Rollerblade

Hula hoop

Jump rope



## DANCE

Create a playlist of your favorite jams and bust-a-move.

**305 Fitness** is offering cardio dance live streams twice a day on YouTube.

Visit [YMCA360.com](https://www.ymca360.com) for on-demand Barre classes.



## SPRING CLEAN

1 hour = average of 4,680 steps

Clean windows

Wash car(s)

Garden & weed

Mow the lawn

Scrub baseboards

Dust blinds

Flip mattress

Vacuum

Scrub the tub

Mop the floors