

TAKING CARE OF YOUR BODY

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Here's another strategy to add to your health hacks: exercise. Moderate exercise seems to have a [beneficial effect on immune function](#), which could help protect against upper respiratory tract infections. Plus, it'll make you feel better. Regular exercise helps combat depression and anxiety, relieves stress, improves memory, helps you sleep better, and boosts your overall mood. But ... the gym is closed, classes are cancelled, and your running buddies are keeping their distance.



DON'T DEFAULT TO THE COUCH — TRY ONE OF THESE IDEAS TO FUEL YOUR FITNESS DURING CORONAVIRUS CLOSE-DOWNS:

- **Walk, run or cycle.** These are all easy activities to do on your own or with a household member, right out your front door.
- **Get creative.** No weight-lifting equipment at home? Look around the house and garage for substitutes. Try bicep curls with a gallon of milk, or sumo squats holding your toddler. There are plenty of exercises you can do with just your own body weight, too: planks, push-ups, crunches. Try this [total-body workout](#) that only takes 10 minutes and anyone can do.
- **Try using an app.** There's a nearly endless variety of [apps for home workouts](#), from virtual running coaches to yoga to strength training. Some are even free.
- **Channel yourself.** No Peloton? No sweat. Search [Facebook Live](#) or [YouTube](#) for fitness videos from cardio dance to full-body workouts.
- **Spruce up the yard.** Now might be the perfect time to clean up winter storm debris, weed flower beds or plant your vegetable garden. You can [burn 200 to 600 calories an hour](#), depending on the task.

LEARN MORE

View these resources for more tips, tricks, and information.

- [Workout for Beginners](#): This article from Self magazine takes you through several great workouts for beginners to start with
- [Tech Radar](#): Great workouts for your new home life
- [Strava](#): A great tool for connecting with other runners and cyclists
- [My Fitness Pal](#): Free online diet and calorie plan
- [Couch to 5K](#): This is just one of a ton of great apps and websites to help you go from couch potato to active
- [Five Parks Yoga](#): A great free resource on YouTube
- [7 Minute Workout](#): This app from Johnson & Johnson can keep you moving