



COMMUNITY PARTNERSHIP

Working Together to Build Strong Communities

Staying Physically Healthy

It's important to maintain your physical health during this time, even though gyms are closed. Staying at home doesn't mean you shouldn't be getting exercise. You can exercise at home or outdoors during the stay-at-home order in Greene County, if you're maintaining social distancing at all times outside of your home. If you live outside of Springfield/Greene County, please check your local laws and regulations to determine what is allowed outside.

The [World Health Organization](#) has provided some tips for staying active during COVID-19.

- **Schedule your workout time.** Don't leave it up to chance or whether you feel like it. Make it a priority on your calendar. Ask someone to hold you accountable, if need be.
- **Exercise with the kids (or dog!).** Take your kids on a hike or family bike ride or spend time running and playing in the yard. If the weather is bad, consider a family dance party. Staying active is just as important for the kids and can help to tire them out!
- **Find something you enjoy,** whether that's walking outside, doing an in-home body weight workout, yoga/stretching, or finding an online class to take.
- **Free Online Workouts and Apps** are easy ways to commit. Pelaton, Planet Fitness, DownDog app, BeachBody (for kids) and others are offering free online classes during COVID-19. You can also find free workouts of all sorts on YouTube.
- Check out these examples on **easy at-home workouts** that you only need your body weight for at <https://www.nerdfitness.com/blog/how-to-stay-in-shape-without-leaving-the-house-the-ultimate-guide-for-getting-fit-at-home/>

If you're older or need exercises that work for individuals with disabilities, take a look at <https://www.silversneakers.com/blog/total-body-chair-workout-for-older-adults/> for chair workouts.