

# Being Active During the Coronavirus Pandemic

## At home

### Home workouts

- Use YouTube/Instagram to find an online or prerecorded workout
- If you're a member of a gym or attend a regular class, find out if the classes are online
- Ask a friend to do an online class with you

### You could try

- Yoga
- Pilates
- Tai Chi
- Core Barre
- HIIT (High Intensity Interval Training)

### Suggested fitness instructors include

- Joe Wicks 'The Body Coach' - YouTube
- Adriene 'Yoga with Adriene' - YouTube
- Ryan Henderson 'Dance party' - Instagram

## Go outside

- Walking
- Jogging/Running
- Cycling
- Hiking

## Fitness apps

- HIIT
- Yoga for Beginners (10min workouts)
- Couch to 5k (Helps you gradually work up to running 5k)
- The Daily Workouts app features a series of 10, 20, or 30 minute workouts targeted toward abs, arms, legs, or the full body
- The Nike Training Club app features new daily workouts targeting lower body, upper body, core, etc., as well as lots of other workout videos. Workouts last from 15 to 45 minutes - currently free for a limited time
- Daily Burn - a variety of different workouts. Allows you to select your preferences and get a personalised workout plan. Currently you can get 60 days free

**What's worked for you? We'd love to hear your ideas!**