

STAY HOME & STAY ACTIVE



A few tips from Fresno State Students to help you stay active while sheltering in place!

LET US KNOW HOW YOU'RE STAYING ACTIVE!

Tag @kermanparksandrec and use the hashtags #kermanparksandrec and #stayhomestayactive on Instagram and Facebook.



6 TIPS ON HOW TO STAY ACTIVE

#1 GO FOR A WALK

Go for a walk around your neighborhood -- just be sure to observe social distancing. Have a family member or a pet join you!

#2 FOLLOW AN EXERCISE CLASS

Many exercise classes are being offered online.

Taking a few minutes to follow an exercise class can be very fun and can help you stay active!

#3 TAKE EXERCISE BREAKS

Between episodes of your favorite TV show or during commercials, take some time to get up and move around! Try doing a few pushups, sit-ups, jumping jacks, or a plank.

#4 MAKE A DAILY CHALLENGE

Challenge yourself to meet a step goal, complete a daily exercise challenge, or challenge a friend. Many challenges can be found online if you are looking for some inspiration!

#5 WORK OUT WITH A FRIEND

Ask a friend if they would like to do a workout with you virtually! Send your workout to a friend and Facetime or give them a call so they can workout with you.

#6 SPEND SOME TIME IN THE YARD

Spring is a great time to work in the yard. Gardening and landscaping can be an enjoyable way to get some fresh air without having to leave your home.



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