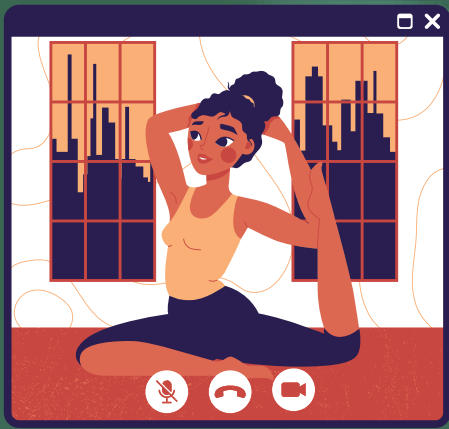


STAYING ACTIVE

ALTERNATIVE WAYS OF STAYING ACTIVE
DURING COVID-19



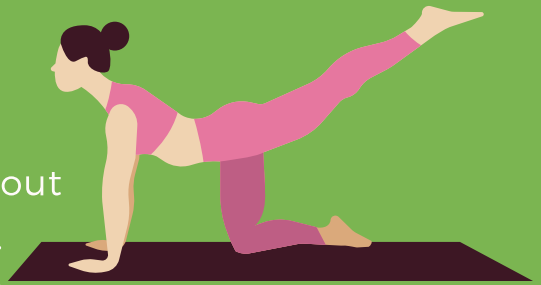
VIRTUAL WORKOUT CLASSES CHECK OUT THE HAMEL RECREATION CENTER

Our very own UNH campus recreation has now set up virtual workout classes to help students stay active during Covid-19. These can be done in the comfort of your own place, while still pushing you to exercise with a trainer!

HOME YOGA

WHETHER IT'S INSIDE OR OUT

Bring peace to your home by practicing yoga and relaxing your mind and body. Either take this workout to the yard or lay out a mat on your bedroom floor. Allow this yoga routine to strengthen your muscles and ease your stress!



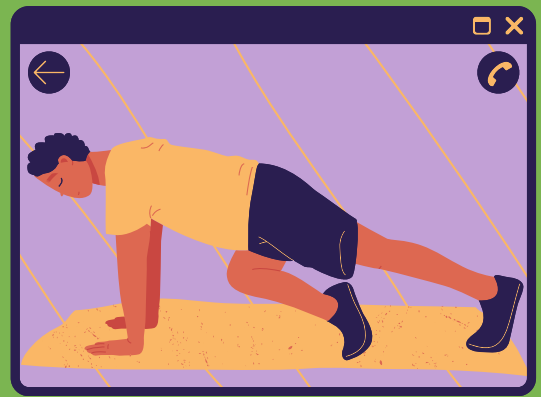
WALKING OUTSIDE GETTING A BREATH OF FRESH AIR

Walking outside can help to promote deep breathing and improved immune function. The release of endorphins during this workout will also help to improve your mood. Try putting in headphones or just listen to the sounds of nature!

EXERCISES ON YOUTUBE

USE HOUSEHOLD ITEMS AS WEIGHTS

Thousands of workouts including zumba, bodyweight bootcamp, and HIIT workouts are available for free on Youtube. Just search for what you're interested in, find space in your room, and get into it!



PHYSICALLY DISTANT WORKOUT WITH A FRIEND

MAINTAIN 6 FEET AND WEAR A MASK

If you're able to follow the CDC guidelines of physical distancing for a workout, ask a friend to join! Try going to a park or field where you can maintain 6 feet and do a bodyweight workout together. Motivate each other while staying safe!



Prepared in consultation with Health & Wellness by
Senior Nursing Students

#UNHTogether

For more information about wellness and
emotional well-being, visit:
<https://www.unh.edu/health/wellness>

