

# **FUN FITNESS TIPS**

## *for exercise at home*

### **1) CREATE AN ACTIVITY LOG**

**An activity log can help motivate you to stay or become more active (safely and gradually!). For a week or a weekend, track the times you are physically active how much time you spend doing each activity. Gardening, chores, dancing, and walks all count! If you're not active yet, aim for a modest beginning and build from there. Don't forget to celebrate your progress!**

**Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before. Regular, moderate physical activity can help reduce fatigue and even help you manage stress.**

### **2) TRY SOME CHAIR SQUATS TO KEEP YOUR LEGS STRONG!**

**Stand in front of a sturdy chair with your feet between hip- and shoulder-width apart. From here, slowly bend your knees and push your hips back to lower your body onto the chair. Pause, then press through the back two-thirds of your feet to stand up again. That's one rep. Aim for two or three sets of 10 reps total per day.**



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**Check out this informative article on safe exercise and face masks from the American Council on Exercise (ACE)!**

**For more workout routines and classes you can do from home [click here!](#)**