UNINTENDED CONSEQUENCES OF STAYING AT HOME:

- Reduced physical activity
- Increased sedentary time (i.e., sitting, lying down for screening activities, or reclining)
- Increased risk for chronic diseases

IS IT SAFE TO DO EXERCISE/PHYSICAL ACTIVITY OUTSIDE?

Yes, maintain a distance of six feet between one another and avoid gatherings of more than 10 people.

OUTDOOR ACTIVITIES

- Walk or jog around your neighborhood (stay 6 feet away from others)
- Ride your bicycle
- Enjoy nature by visiting a local park
- Play sports or be active with your family

EXERCISE AND PHYSICAL ACTIVITY BENEFITS:

- Physical activity is associated with better immune function
- Regular physical activity/exercise can reduce stress, anxiety, and depression
- Physical activity is important to stay healthy

REFERENCES

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