

Find Your Move.

Ways to be active if you like exercise but don't like gym.

Some activities to try:

Self-led Yoga – practice mindfulness, become more flexible and increase your strength.

Swimming - do laps in your own pool or a public pool. You'll get a great workout.

At-home workout from YouTube - YT has tons of workouts you can do even without any equipment, and the best part is there is no commitment and you can do it at your own pace.

Walking – it's a great form of physical activity.

Slacklining – strengthen your core and learn a new form of balance, but make sure to follow safety recommendations.

Go to a park – many parks offer gym equipment that allows you to get your exercise for free and outdoors.

Gardening - it's a great form of exercise that builds strength and calms the mind.

Calisthenics - the Bronco Wellness Center has a booklet with body weight workouts that you can do it at home with no equipment at all!

Dancing - Love dancing? Use it as a workout. From ZUMBA to tutorials of a dance with your favorite song, you'll be moving and learning something new that you like!

Aim for at least 5 days of physical activity and move your body for 30 minutes or more. To make your routine well rounded, include strengthening exercise 2 days per week and flexibility 2 or more days per week. Here's a sample weekly routine:

Mon – 30 min walk, 20 min calisthenics

Tues – 45 min YouTube aerobics, 10 min stretching

Wed – gardening

Thurs – 45 min bike ride, 10 min stretching

Fri – 30 min walk, 20 min calisthenics

Sat – 30 min swim

Sun – yoga

<https://www.cpp.edu/health>

