

# Workouts for One: Staying Fit in Extraordinary Times

For many of us, replacing the motivation of working out in groups is the most challenging aspect of the closures. There are several ways to keep yourself accountable when your goal is to stay fit. You can pair up with a friend virtually or join one of the many "30 Day Challenges" you can find online. There are challenges for everything from yoga to push-ups, designed to increase your fitness and instill a habit over the course of a month.

1. **Take a Class (At Home).** Any exercise class that you take is probably available in some form on the Internet. Zumba founder "Beto" Perez has a 54-minute high energy workout on Vimeo, for example. There are plenty of yoga and tai chi videos as well, which may be particularly calming in stressful times.

2. **Update the Jumping Jack.** If you're just starting out, try the chair sit: Sit on a chair with your arms across your chest, push from your feet to a standing position without using your arms. Repeat for 30 seconds. Rest 2 minutes and repeat. If you are fitter, jumping jacks and push-ups may seem a bit old-fashioned, but they work! Bored with those? The exercise website ExRx.net has a number of variations.

3. **Head Outside.** Remember that the stay at home regulations in most places allow solitary hiking, jogging and walking your dog (make sure to stay up on the local guidance for your city). This is the simplest way to get a solid cardio workout, and the sunlight and fresh air will help your mood, too.

4. **Stairways to Heaven.** Stair climbing is a time-tested way to get your heart rate up. Inhabitants of high-rises have plenty of stairs to climb. House-dwellers may feel silly going up and down the same flight of stairs, but a pair of headphones and a good playlist can transport you. If you are a newbie, take it very slow. Start with 2 minutes of stair climbing and increase from there.

5. **Get Into Your Chores.** Now's a great time to do those energy-intensive chores around the house that you've been putting off. Scraping down flaking paint, or scrubbing or sanding anything, are tremendous upper body workouts. Scrub the tub. Get the grease off the walls and ceiling around your stove. It's unlikely that you'll run out of useful things to do.

6. **Dance Party.** Put on your favorite music and have a dance party with your family. Young kids are remarkably ready to jump around with their parents. Some will be comfortable Facetiming a friend and dancing their faces off. Even if you're by yourself, go ahead and cut a rug.

Whatever you do, remember to do something. One of the most important things you can do for your health is to stand up, and move for 5 minutes of every hour you spend sitting in front of your computer.

Finally, be sure to hydrate and wash your hands before and after your workout. Although it's always good to check with your doctor before beginning any new exercise program, that might not be possible at this time, so be mindful of your own fitness abilities and take it slowly.

Source: Miriam Wolf



The Coronavirus pandemic has closed gyms and shut down pools, community centers and other places where we're used to getting our exercise in. But staying fit and healthy is still important. What's the best way to get a workout when your gym and Zumba® class are off-limits? There are lots of healthy ways to exert yourself under "stay at home" or "shelter in place" orders, even if you don't have a dusty exercise bike in the basement.

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