



## Staying well and healthy at home

There are numerous ways to stay active at home during our gym shut down. But, before you start, it's important to set up your space at home. So, what do you need?

Amazingly not too much – a lot of what you need you already have. A basic list includes:



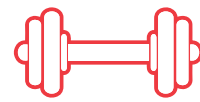
RUNNING SHOES



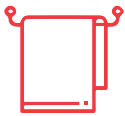
A STURDY CHAIR



AN EXERCISE MAT  
OR TOWEL



HAND WEIGHTS,  
OR CANNED  
FOODS, OR MILK/  
JUICE JUG FILLED  
WITH WATER



HAND TOWEL



TIMER OR WATCH



A GOOD WORKOUT  
PLAYLIST

Other “nice to have” items (but not necessary) include:



FREE AND KETTLE  
WEIGHTS



CARDIO EQUIPMENT  
(ELLIPTICAL,  
TREADMILL OR  
STATIONARY BIKE)



STAIRS



STEPS / STEP  
BOX TRAINER



It's important to note that unless instructed by public health, you don't need stay indoors. Getting outside to walk, run, or bike in the spring weather in an option too.