Join us LIVE for our new online fitness classes starting Monday April 6th! Our 30-minute classes will run Weekdays starting at 12:10 pm and Tues - Thurs at 4:30 pm on Instagram Live: @UTM_Athletics See our Online Group Fitness Schedule for complete details.

Spending more time at home doesn't mean you can't be active! Here are a few solutions to stay healthy and keep a positive mindset while working or studying from home.

**Perseverance & Routine**

This is a time to focus on staying healthy. Set your alarm each day to encourage an active session for at least 30 minutes per day. Canadian Physical Activity Guidelines for Adults (18 – 64 years) recommends accumulating 150 minutes of moderate to vigorous physical activity in bouts of 10 minutes or more. This can include a brisk walk, yoga or a bodyweight resistance program. Getting in an active session will keep you in your routine and give you that “feel good” training effect that we all love.

**At Home Workouts**

View home workouts as a time to try something new. Follow an online HIIT or Tabata video, or a relaxing yoga class if that's what your body is calling for. Listen to your body and change up your routine when ready to a more endurance or hypertrophy–based bodyweight program. See Simple At-Home Bodyweight Circuits below as a place to start.

**Recovery & Sleep**

One of the best ways to build resiliency against illness and injury is to ensure enough rest and recovery. Aim for 7-9 hours of quality sleep per night depending on your individual needs and activity level. Also, set a consistent bed time where you turn off of put away all electronics 1 hour prior to going to bed.

**Practice Healthy Eating at Home**

Experiment in the kitchen where you have full control of the ingredients. Explore with some new recipes for healthy meals you have always wanted to try! Check out the online resources at the bottom of this guide for healthy eating suggestions.
1) Take the stairs. That means no stockpiling of items at the bottom of the stairs before your next visit upstairs. A few of us may be guilty of that. Carefully go up and down the stairs whenever you have a task on another level. Replace elevators with stairs, if possible, if you live in an apartment building.

2) March in place when “binge” watching any of your favourite shows. March, do knees up, glute kicks...anything to just keep your body moving.

3) Do a simple series of stretches when you first get up in the morning (or before your workout). Emphasize dynamic stretches, including gentle movements where you gradually increase your range of motion.

4) Do a simple series of static stretches before you go to bed. These are more of a stretch and hold, remember to relax into the stretch. Don't forget to breath and... relax!

5) Clean your room! Choose a room in the house and get cleaning. Did you know previous generations stayed in shape by being more physically active through doing household chores and cleaning activities? Get up and get moving after meal times instead of heading to the sofa.

6) Check out an app on mindfulness sessions such as meditation, yoga, Tai Chi and Pilates. Learn to breathe, relax, and focus on your breath releasing the busy thoughts of the day.

7) When doing your grocery run, try bringing in one bag at a time.

8) Count your steps and see if you can increase each day.

9) When chatting on social media with a friend, try and keep moving around the place. Wear your headphones or put it on speaker so you can move around.

10) Lots of chair squats! Each time you sit down in your chair, get up and get down and up and down. Try getting out of your chair without holding the handrails.
See below for some simple bodyweight circuits designed by our RAWC Personal Trainers! No equipment required. *Do not forget to complete the warmup and cool down as a part of your workout.

Warm ups should be done prior to any exercise routine in order to prepare the body and mind for physical activity. It is crucial to bring up the body temperature and heart rate gently. Intensity should be increased gradually and avoid max effort on the first round of exercises.

Static stretches should be performed at the end of each workout to improve flexibility (see Cool down stretches below). Apply moderate tension for 30s to 60s for 2 to 3 sets each. One can adjust tension and duration according to their individual level. Avoid stretches that cause sharp pain at the joints and/or bones.

**Dynamic warm up:**

- 1 min high knee marches
- 30 sec arm circles (forward)
- 30 sec arm circles (backwards)
- 10 inchworms
- 10 spiders
- 15 bear hugs
- 10 rotating plank
- 10 90/90
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<thead>
<tr>
<th>Beginner:</th>
<th>Intermediate:</th>
<th>Advanced:</th>
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<tbody>
<tr>
<td>15 jumping jacks</td>
<td>20 jumping jacks</td>
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<td>30s plank</td>
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<td>15 jumping jacks</td>
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<tr>
<td>10 alternating lunges</td>
<td>20 squats</td>
<td>45s wall sit</td>
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<td>10 knee push ups</td>
<td>5 push ups</td>
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<td>15 squats</td>
<td>15 alternating lunges</td>
<td>15 squats with hold</td>
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<tr>
<td>10 knee push ups</td>
<td>5 push ups</td>
<td>10 push ups</td>
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<tr>
<td>15 lying glute bridges</td>
<td>15 lying glute bridges</td>
<td>20 alternating lunges</td>
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<tr>
<td>* Repeat 2-3 rounds</td>
<td>* Repeat 3 rounds</td>
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**Cool down stretches:**

- Standing quad stretch
- Seated hamstring stretch
- Child's pose
- Butterfly stretch
- Lying pectoral stretch
- Behind the neck triceps stretch
- Lying knee hug
- Lunging hip flexor stretch
- Figure 4 glute stretch
Lack of certainty in stressful times can often spark anxiety for many people. It is important to acknowledge these feelings. Talk to a friend or family member and share your thoughts. You can stay connected even if you are physically apart. Phone a friend and family member every day and check in with those who may need a helping hand. Take time to calm down with a relaxing activity such as meditation or a gentle yoga flow. Try the simple Yoga Sequence below:

**Diaphragmatic breath** (5 minutes): Begin in seated or reclined position on your back. Bring an awareness to your breath and body. Place your hands on your lower belly and begin to feel your belly rise as you inhale and fall on your exhale. Gradually try to lengthen the breath for 3-5 seconds on each inhalation and each exhalation (providing this does not strain the breath). Complete this breathing technique for 5 minutes before continuing with the following sequence of postures.

Hold each of the below listed stretches for 5-10 breaths.

- *Cat Cow*
- *Cobra Flow*
- *Downward Facing Dog*
- *Child’s Pose*
- *Seated Spinal Twist*
- *Savasana*

Finish the sequence in Savasana and bring your attention back to your breath. Continue another sequence of diaphragmatic breath for up to 5 minutes.

*Repeat the full sequence a second time for a 30-minute session*
Recommended Online Resources

- University’s MoveU Anywhere Work-out Videos
- Follow us on Twitter! Tag us and add the hashtag #MoveUTM to share how you are staying active
- Canadian Physical Activity Guidelines
- Nutrition & Healthy Eating (Health & Counselling Centre)

Have questions regarding the resources in this guide? Email our RAWC Fitness Program Team @ rawcfitness@utoronto.ca

Something for Everyone