



RAWC Tips & Resources

to help keep active and well in your home!

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 or 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.



10 Ways to Add Some Activity at Home

- 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.



Simple At-Home Bodyweight Circuits

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*

<u>Beginner:</u>	<u>Intermediate:</u>	<u>Advanced:</u>
15 jumping jacks	20 jumping jacks	30s jumping jacks
30s plank	45s plank	60s plank
15 jumping jacks	20 jumping jacks	30s jumping jacks
15s side plank (R)	25s side plank (R)	45s side plank (R)
15 jumping jacks	20 jumping jacks	30s jumping jacks
15s side plank (L)	25s side plank (L)	45s side plank (L)
10 alternating lunges	20 squats	45s wall sit
10 knee push ups	5 push ups	10 push ups
15 squats	15 alternating lunges	15 squats with hold
10 knee push ups	5 push ups	10 push ups
15 lying glute bridges	15 lying glute bridges	20 alternating lunges
		10 push ups
		20 lying glute bridges
* Repeat 2-3 rounds	* Repeat 3 rounds	* Repeat 3-4 rounds

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*



Practice Mindfulness and Wellbeing

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

- [Trails in Mississauga - Walk and Roll Peel](#)
- [2017 Mississauga Cycling Map](#)
- [University's MoveU Anywhere Work-out Videos](#)
- [Canadian Physical Activity Guidelines](#)
- [Nutrition & Healthy Eating \(Health & Counselling Centre\)](#)

***Have questions regarding any of this resource? Email our RAWC Fitness Program Team
@ rawcfitness@utoronto.ca***



Something for everyone