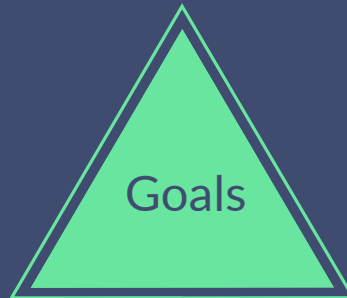


4 Ways to Stay Active at Home

1 Know your why.

WHY: Personal reason, intrinsic motivation...why it matters in your heart

HOW: Strategy, process...how you're going to make it happen



WHAT: Outcome, end result...what you want to see

2 Spice up the basics.

Strength

Cardiovascular



Flexibility

Neuromotor



Ex #1: Jumping Jack + squat + side bend

Ex #2: Plank + jack + single arm

Ex #3: Toe touch + crunch + alternating leg



3 Be intentional with your incidental!

- Use non-dominant arm to clean (neuromotor).
- Laundry detergent squats (strength).
- Stair, driveway, or home perimeter laps (cardio).
- Getting dressed (flexibility).



4 Gamify the sweat.

- Plank or wall sit during board games, card games, etc.
- AMRAP commercial breaks: Set household records.
- Household item fitness course.
- Draw a card (Uno or regular deck).



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