



Get Active While Working  
From Home





## How Much Physical Activity Should I get in a Day?

According to government guidelines, adults aged 18 to 64 should get at least **150 minutes** of physical activity per week. This physical activity can be in bouts of as little as 10-minutes and should be at a moderate to vigorous intensity.

### Moderate Intensity

activities cause you to sweat a little and breathe harder.

### Vigorous Intensity

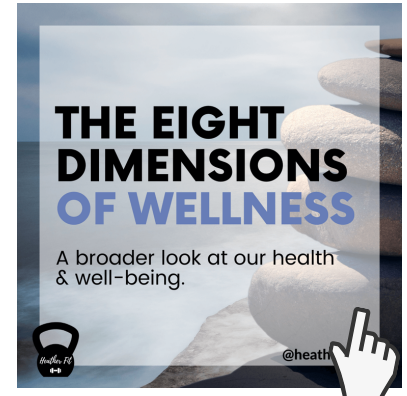
activities cause you to sweat and be out of breath.

## Exercise versus Physical Activity

If you are looking to increase your amount of daily movement, a good start is to understand the difference between exercise and physical activity. Focusing on increasing your daily exercise and/or physical activity are both great strategies to improve your daily movement.

**Physical Activity** includes any movement that is carried out by the muscles.

**Exercise** is planned, structured, repetitive and intentional movement. It is typically intended to improve or maintain physical fitness.



*Want to learn about taking care of your wellness? Read my blog post to learn more!*



## The Exercise Series: Get Fit From Home

Below are a series of 10-minute workouts and stretches you can do to incorporate more movement throughout the day.



Strength



Cardio



HIIT

## Stretches



Desk Stretches



Arm & Wrist Stretches

## Other ways to move

- Go for a walk/bike ride
- Try a virtual dance class
- Garden, rake leaves or shovel snow

## Want more?

Keep up with me on YouTube & Instagram!

