



## Indoor Physical Activities for Adults

At any point in our lives, prioritizing physical activity can be difficult. Many folks now face the stress of working from home and supervising the schooling of your children. While most of us find respite in our homes and being with our families, this particular set of circumstances can also arouse feelings of stress. Practicing physical activity can help to decrease our stress and boost our mood! Here are some ideas for physical activities that can be done indoors. Most of these can include children, but they don't have to. As always, work at a pace that is a comfortable challenge and safe for your body, and feel free to adjust according to your needs.

1. **Stretching:** It is important to take breaks and move our bodies, especially if we are not used to being at a computer or in the same place all day long. Standing and reaching hands above the head can offer great relief. Most times, your aches and pains will direct you to the best part of your body to stretch. Slow, deep breaths while stretching help to rejuvenate the body with oxygen.

2. **Stairs:** If you have access to them, stairs can be a great at home resource for some physical activity. You may want to start slow with one trip up and one trip back down (or vice versa). Over time and depending on your comfort level, you may decide to work your way up to several passes to keep yourself challenged. You may decide to spread these throughout your day or complete them all at once.

3. **Laps around the house:** This can be done inside or outside depending on the weather, the amount of time you have available, and your preference. You may decide to add this onto a bathroom break or to round out a trip to the kitchen. If you have pets, they may enjoy the quick trip outside if that is an option.

4. **Lift weights (or use canned foods as weights!):** You may want to start with 5-10 repetitions especially if you have not been in the habit of lifting weights. Remember to begin with less weight if you have been out of practice and work your way up. Add multiple rounds of repetitions as you feel comfortable.

5. **5 minute HIIT:** HIIT workouts or high intensity interval training workouts are very popular, but can also sound very intimidating. They consist of timed sections of activities considered to be "high intensity" and sometimes include timed sections of "low intensity" activities. Your "high intensity" activities do not have to be the same every time or be the same intensity as someone else's. In the following examples, there are high intensity and low intensity activities listed.

### 5 Minute HIIT Workout Examples

**As always, work at a pace that is a comfortable challenge and safe for your body.**

\*For those that would like to extend this past 5 minutes, you can add in 1-2 minute rests between rounds. You may choose to repeat the same workout or switch to a different set of exercises. These are flexible, so choose formats that you enjoy best!

#### Example workout 1:

- 40 seconds jumping jacks
- 20 seconds walk in place
- 40 seconds lunges (alternating sides)
- 20 seconds quad stretch
- 40 seconds high knees (walking pace)
- 20 seconds arms over head stretch
- 40 seconds push ups
- 20 seconds yoga inspired upward dog stretch
- 40 seconds dance move
- 20 seconds walk in place

#### Example workout 2:

- 40 seconds weight lifting
- 20 seconds arm stretch
- 40 seconds weight lifting
- 20 seconds arm stretch
- 40 seconds weight lifting
- 20 seconds arm stretch
- 40 seconds weight lifting
- 20 seconds arm stretch
- 40 seconds weight lifting
- 20 seconds arm stretch

#### Example workout 3:

- 60 seconds jumping jacks
- 60 seconds high knees running pace
- 60 seconds squats
- 60 seconds push ups
- 60 seconds ab work