

PHYSICAL ACTIVITY CALENDAR

During these difficult times, getting enough physical activity can be difficult while engaging in physical distancing. The following Calendar will provide you with some ideas on what you can do to stay active or, get active. Remember, that chores around the house can also be active so you can stay productive while maintaining your health. Try a few of the suggestions or do the exercise videos in the links.

Week 1

Day 1	<ul style="list-style-type: none"> • Go For a walk • Do some gardening 	<ul style="list-style-type: none"> • Spring Cleaning workout with Jen
Day 2	<ul style="list-style-type: none"> • Go for a Bike Ride • Clean out a room in your home 	<ul style="list-style-type: none"> • Yoga with Dolly
Day 3	<ul style="list-style-type: none"> • Do your stairs 10 times • Clean out the garage or basement 	<ul style="list-style-type: none"> • YMCA 360 Beginner Boot Camp
Day 4	<ul style="list-style-type: none"> • Go for a hike. Look for signs of spring. • Dance to your favourite songs 	<ul style="list-style-type: none"> • Beginner Upper Body with Jen
Day 5	<ul style="list-style-type: none"> • Walk to a friend's and have a driveway chat (6 feet apart) 	<ul style="list-style-type: none"> • Beginner Lower Body with Jen
Day 6	<ul style="list-style-type: none"> • Rake the lawn • Try jogging. Walk 2 min, jog 30 secs with 3 repeats 	<ul style="list-style-type: none"> • YMCA 360 Rise and Shine – Warm-up and Chair stretch
Day 7	<ul style="list-style-type: none"> • Do a full body stretch • Clean the car 	<ul style="list-style-type: none"> • How to squat with Dolly

The benefits of being physically active outweigh the risks of not being active for most individuals. The videos linked to are not produced or endorsed by the Town. They are provided as a reference for active living. You should consult with a physician before beginning any exercise, fitness, diet, or nutrition routine, especially if you are pregnant or have pre-existing health conditions. The material provided in the videos is not intended as medical advice. Start slow and gradually increase activity time and intensity. Listen to your body and try new things. Wear appropriate footwear and comfortable clothing. Ensure that surroundings are free from clutter and hazards. Enjoy your journey to increased activity. Feel free to contact us to share your journey,

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