

Physical Activity at Home!



Exercise is very important for our health. It doesn't matter your age, ability or skill, the benefits of exercise are endless. Moving our bodies doesn't just improve our physical health, it also boosts our mental health and increases our brain function, helps us sleep better, and overall makes our body feel good. When we exercise, our brain releases feel-good hormones, like serotonin, that help us feel happy and content!

There are many different activities you can do to get your body moving! Going for a walk on your favorite nature trail, playing, biking, gardening, or swimming; there is something for everyone.

The YMCA offers FREE and FUN virtual gym classes for anyone wanting to learn exercises they can do at home- no equipment required!

Put on some comfortable clothing, grab your water bottle and check out this fun, 20-minute gym class:

https://www.youtube.com/watch?list=PLA2C6WTfk7jWt5O-XYPyPN-Z_965Tca2Z&time_continue=42&v=ORRzXu1hqtE&feature=emb_logo

Note: This class is designed for ages 5-9, but anyone can give it a try- exercise has no age boundaries! Follow the YMCA's YouTube channel for all of their exercise videos.

Thank you to the YMCA for your virtual classes, and for supporting physical health during this time!