

Tips to stay physically active when at home more often

By Skylar Park, RBC Olympian



Skylar Park is a Taekwondo athlete who will represent Canada at the Tokyo 2021 Olympic Games.

1. Start the day with light stretching or yoga.

Even a short 10- sequence can improve your energy and productivity.



2. Go for a walk outdoors.

With nicer weather coming, take time each day to get out of the house, get some fresh air and soak up some sun.



Please continue to respect physical-distancing when outdoors.

3. Set a reminder to get up and walk around every hour.

Stand up, stretch your legs, walk around, walk up and down the stairs, keeping moving!



4. Going for a snack? Add on 10 incline push-ups and 10 squats!

Use the kitchen counter and try 10 incline push-up (hands on counter so your body is at an incline), followed by 10 squats (use the counter if needed for balance).



5. Find fitness online for your level and ability; improvise with household items.

Many gyms are posting exercise classes online for members and non-members. Check YouTube for content from certified fitness professionals. Use household items like soup cans, water bottles or laundry baskets as weights.



6. Use the stairs as often as possible.

Make a conscious effort to use the stairs more or specifically incorporate them into exercises.



7. Play the sit-up game during shows or movies.

Pick a character in the movie/show you're watching. Each time their name is mentioned, do 5 sit-ups!



8. Meditate.

Meditation is a great way to help alleviate stress, clear your head and centre your body. Headspace and Calm are two of many free apps to try.



9. Keep up proper hydration and nutrition.

Continue to fuel your body with the proper nutrients, meal plan to ensure you're eating proper meals throughout the day. Choose healthy snacks and stay hydrated.



10. The importance of rest.

Listen to your body and remember to take advantage of this time to rest, relax and rejuvenate.



Do not begin a new exercise regimen without first consulting your doctor or a health professional. This piece represents general advice.