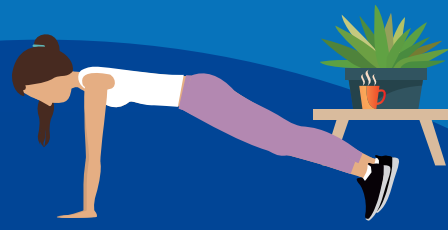




*at home*



GARDENING



BODY WEIGHT  
CIRCUITS



BACKYARD  
SPORTS



WALKING OR  
JOGGING



YOGA OR  
PILATES



WALKING  
UP STAIRS



CLEANING  
THE HOUSE



TELEHEALTH  
SERVICES

There's plenty  
of great ways  
to stay active  
at home!

OUR TIPS FOR STAYING HEALTHY DURING THE COVID-19 PANDEMIC

Try to do some physical activity on most (if not all) days

Try to break up long periods of sitting with a regular movement

Mix up your workouts so you don't get bored and lose motivation

For more information visit [exerciseright.com.au](https://exerciseright.com.au)