

# Stay Active, Stay Positive

## Moving in-the-midst of COVID-19



### *Moderate physical activity* **reduces anxiety.**

Symptoms of anxiety can be reduced immediately following a single bout of moderate to vigorous intensity physical activity!

[https://health.gov/sites/default/files/2019-09/02\\_A\\_Executive\\_Summary.pdf](https://health.gov/sites/default/files/2019-09/02_A_Executive_Summary.pdf)

#### Exercise Intensity

##### Low Intensity

Can easily talk and sing without breathing hard

##### Moderate Intensity

Can comfortably talk, but can't sing

##### Vigorous Intensity

Can only say a few words before gasping for breath

#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do **yoga**
- **Dance** to your favorite music or do a dance workout on PopSugar Fitness
- Go for a **walk** or **run** around your neighborhood (*Practice social distancing and wear a protective face covering when interacting with others outside your home*)
- Use a **fitness/workout app**

#### Physical Activity Resources

- Yoga with Adriene ([YouTube](#))
- POPSUGAR Fitness ([YouTube](#))

**Adults** should strive for at least 150 minutes of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!

