



We've had to change the way we work, change the way we live,  
and change what we do on a daily basis.

Are you finding time and space to do physical activity?

***Although this is harder to do now, it's much more important than before!***

With physical distancing being our new normal, we need the benefits that physical activity can provide:

- Decreased stress and improved relaxation
- Physical activity decreases hormones related to stress (cortisol and adrenaline) and promotes the release of endorphins that improve mood
- Improved mental health
- Increased strength
- Improved cardiovascular health
- Better sleep
- More energy
- Potential to boost the immune system

Knowing all of these benefits, here are some resources that are providing online classes and/or resources to guide you in being active while at home, with minimal equipment, and sometimes minimal space.

*As always stay within your body's abilities, your health, and if going outside, your jurisdiction's physical distancing guidelines*

**National Centre on Health, Physical Activity and Disability - Home workouts:**

<https://www.youtube.com/playlist?list=PLwMOBYmISHaPIArTOC4JBZfeuU7LN7KVJ>

**Exercise and Wellness Videos for People with Mobility Challenges - University Health Network**

<https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf>

**ParticipACTION**

<https://www.facebook.com/ParticipACTION/>

**Active at Home Resources – Canadian Centre for Activity and Aging**

<https://www.uwo.ca/ccaa/covid19/resources/index.html>

**YMCA 360**

<https://ymca360.org/#/>

**Yoga with Adriene**

<https://www.youtube.com/user/yogawithadriene>

**Anti-Opressive Fitness Offerings** (various providers and price options)

<https://docs.google.com/spreadsheets/d/1TGMzYzJfA6vIqfu6d6e7EQg-ABitSHoEIWGuEDwQaag/edit#gid=319572581>

**Staying Physically Active During the COVID-19 Pandemic – American College of Sports Medicine**

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

\*\*All these options are currently offered in English.