

Physical Activity Tips & Resources

Physical activity may be the last thing on your mind, but keeping your body moving is incredibly important during stressful times because feel-good chemicals are released when you move your body! Just 10 minutes of movement can give your mood a quick boost!

Did you know we have one-mile walking maps for each of our hospitals? To find the route for your campus, visit: <https://einsteinlivewell.com/programs/fitness/walking-routes/>

Tips for fitting fitness into your workday:

- Take the stairs instead of the elevator whenever you can
- Take the long way when you have a few minutes to spare. This could mean parking in the furthest spot to get extra steps in or using the restroom on a different floor rather than the one right next to you
- Set an alarm on your phone to do a quick exercise every hour, whether it's jumping jacks, sit-ups, squats, or just marching in place – it's good to get your blood flowing
- Deskercise! Take a quick break to stretch at your desk/unit. Try visiting this site for quick and easy stretches: <https://www.healthline.com/health/deskercise>
- Even a one-minute spurt of activity throughout your day can be beneficial. Try subtle exercises at your desk, like flexing and tightening your abs, squeezing your glutes, or doing calf raises
- Unless you need to be on your computer at the same time, try taking advantage of the opportunity to stand and move around while you're on a conference call. Every extra step counts and it will be a welcome break if you have been sitting for a while

For more resources visit EinsteinLiveWell.com, click Programs, then click Caring for the Caregiver



Whether you are just beginning on your fitness journey or you were an avid gym goer and now your gym is closed, below is a list of resources you can try to boost your endorphins and get in a good workout:

Free workout videos for every level of fitness: Visit <https://www.fitnessblender.com/> and access hundreds of free, full-length workout videos.

30 day workout plans: Try one of the free workout plans on this site, like a 15-minute strength training routine or a no sweat, full body workout for a busy month: <https://www.nbcnews.com/better/30-day-workout-plans>

Looking for the best home exercises? For free online workout resources for exercising at home, visit <https://makeyourbodywork.com/how-to-exercise-at-home/>.

Check out these free fitness apps:

Map My Run: Track and map your workouts. Whether you're just starting out on your fitness journey or a seasoned runner, you'll find the features and tools needed to stay on track and motivated to hit your goals.

C25K: Short for Couch to 5K, is an app that contains training plans that gradually progress toward a 5K run over 9 weeks.

Peloton: Offering a free 90-day trial. You don't have to own a Peloton-branded treadmill or bike. The app allows you to try cycling, yoga, meditation, stretching, strength training, and other classes. *Note, it does ask for your credit card details if you sign up for the trial and you will be charged if you forget to cancel once the trial is up.

Daily Workouts Fitness Trainer: Choose which area of physique you'd like to target and the app offers a simple yet effective 5 to 30-minute workout that fits the bill.

Simply Yoga: Contains effective 20 to 60-minute workouts, videos showing how to do each pose properly, audio instructions, and more!