

# Physical activity at home

If you cannot leave the house, keep to a schedule, sleep the usual hours and, if possible, do physical activity as part of your daily routine. Exercise will help you improve your physical and mental health.

A sedentary lifestyle is harmful to your health. Avoid spending too much time sitting or lying down, especially in front of screens (television, mobile, video games, computer, etc.), driving or reading. Stand up, stretch and exercise your muscles for a few minutes every 2 hours.

Try to spend around 45-60 minutes a day doing physical exercise. You can break it up into two bouts, in the morning and evening. Every minute of exercise throughout your day adds up, even when you just do a little at a time.



With only a few means and a bit of imagination, you can do physical activity at home at any age, with little risk of injury whether you are healthy or have health issues. Your exercise routine should be based on your physical shape and age. Be sure to warm up before you work out.

Walk in the hallway using a pedometer to keep motivated. Housework, tidying up, DIY projects, dancing or caring for plants also help you to stay active. If you have an exercise bike or other machines, use them. Engage in a low-impact exercise or yoga routine.

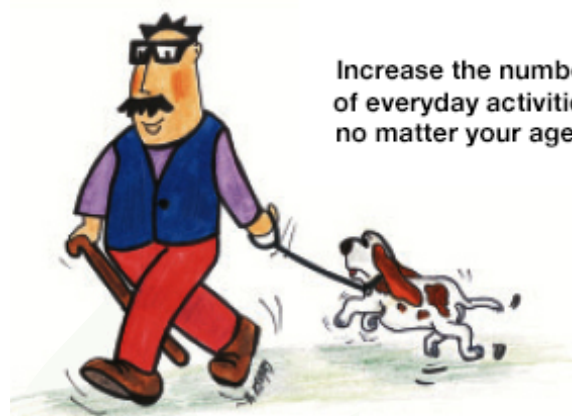
Play music you like either to dance or while doing household chores and move to its beat.

Music also helps boost mood and well-being.

Walk around when talking on the phone. Drink some water, it's a perfect excuse to get up and move. If you are watching TV, get up every time there is an ad break.

Avoid exercise after eating.

When you go outside, if you are able to, try to move as much as you can. Walk to and from your home and take the stairs.



Increase the number of everyday activities no matter your age is

If you work remotely, stay active by taking breaks, stretching, doing gentle exercises, walking, etc.