

# COVID-19 Tips

## Exercising & Keeping Active



The CDC recommends that children (6-17 years of age) clock 60 minutes of moderate-to-vigorous physical activity per day.

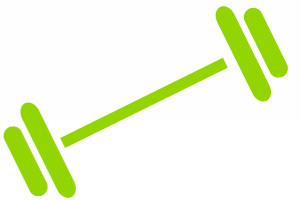
Adults (18-64 years of age) should clock 150 minutes of moderate exercise per week with at least 2 days of muscle strengthening activities.

**Have you gotten your minutes today?**

Walk, run, or go for a bike ride with the people in your home. If you are seated for work or online classes, make sure to stand at regular intervals.



Take advantage of online workout videos. Maybe even support a local gym by purchasing a digital class.



Play! Throw a ball in the backyard, draw a hopscotch board in your driveway - staying active is easier when you're having fun.

