



OFFICE OF AFRICAN AMERICAN AFFAIRS

SELF-CARE: STAYING ACTIVE

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The current health crisis can present challenges for both adults and children to stay physically active. According to the Physical Activity Guidelines for Americans, it is recommended adults get at least 150-300 minutes/week and kids and teens ages 6-17 get 60 minutes of activity each day. Kids younger than 6 also need physical activity which helps support growth and development.(i)

This article will give you strategies to maintain physical activity along with FAQ both from Exercise is Medicine, while still social distancing as we navigate Covid-19.

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INDOOR ACTIVITIES

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

OUTDOOR ACTIVITIES (CHECK THE RECOMMENDATIONS FOR YOUR AREA)

- Walk or jog around your neighborhood. Stay 6 feet away from others.
- Be active in a local park. Spending time in nature may enhance immune function. Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.



GIRLTREK

GirlTrek encourages women to use walking as a practical first step to inspire healthy living, families, and communities. The office is currently setting up chapters across the state with our first being Las Cruces. If you are interested in leading a chapter in your area, contact the office. To learn more about girltrek, visit [girltrek.com](https://www.girltrek.com)



Strategies to maintain physical activity and fitness and FAQ are from Exercise is Medicine Article. Visit the article [here](#).

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I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together - an active gaming video, basketball in the driveway, go for a walk in the neighborhood.

Read full articles on ways adults and children can stay active during Covid-19 by visiting the links provided.

(i) [Health.gov](https://www.health.gov)

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