



# STAY ACTIVE OUTSIDE THE GYM

## YOUR WELLBEING ACTIVITY

### FRESHEN UP YOUR FITNESS ROUTINE

Freshen up your fitness routine by trying at least one new form of physical activity this week.

## SIMPLE WAYS TO KEEP MOVING OUTSIDE THE GYM:

### TAKE A WALK

Create a simple walking routine by mapping out a 30-minute circle near your home and setting a reminder on your calendar.

### BEGIN A MOVEMENT MEDITATION

If finding time for self-care is a challenge, use your time more efficiently by bundling your daily routines.

### JOIN AN ONLINE FITNESS STUDIO

Yoga, dance classes, aerobics, spinning, and many other types of activities are offered for free or for a nominal monthly fee.

### ASSEMBLE A HOME GYM

Gather some free weights and build your own home gym.

### FIND A FITNESS PARTNER

Ask a partner or friend to join you for outdoor workouts.

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