

A message from Ann Merrill, your PebbleCreek Personal Trainer

Thursday, March 19, 2020

Just a few days ago, the Fitness centers and Group Exercise classes were closed and halted due to the coronavirus. Now, you all should be keeping your hands washed, staying no closer than 4-6 feet from each other and gathering in small groups of less than 10 people.

What can you do for exercise? Fret not! Any type of movement is great for the body and soul.

Why not take a long walk around the neighborhood, look at the beautiful landscaping, walk your dog or go for a bike ride.

Other ideas for exercise you can do inside include:

- Turn on some music and dance like no one is watching.
- Log into an exercise website or YouTube and type in exercise videos. You will not believe the choices you have...Zumba, HIIT, Pilates, Yoga, and Dance. Follow the lead of those in the videos and enjoy.
- On your iPhone, check out the free apps...you are sure to find exercise apps to guide your workouts.
- Don't let your lack of small exercise equipment at home serve as excuse not to exercise. You may try using 16-oz. water bottles instead of hand weights. Then drink the water when you are done!

- March in place for 20 minutes at home...clean the house...clean out your closet, and when in doubt, throw it out! Donate to charities.

It's important to take care of your body and mind. Call a friend, spend time reading, try a meditation or online class. Also, watching some comedy on TV will keep your spirits up during this time.

Remember to stay hydrated and wash those hands.

Source: Ann Merrill, Personal Trainer, PebbleCreek