How do YOU move?

Group activities and sports may be cancelled for a while, but there are many ways to stay active and have fun during this time. Getting exercise and moving your body outdoors will not only help you stay fit, it can help clear your mind of stress and anxiety. Not all activities are appealing to everyone so experiment with different types of exercise until you find something you enjoy. Consider asking a family member to join you, even if its your dog!

Walking

Walking might be the easiest, most convenient form of exercise there is. You don't need any fancy equipment and you can burn 135 calories in just 30 minutes! Use sidewalks if available, if not, walk on the left facing traffic.

Jogging

Jogging and running are terrific for cardiovascular health allowing you to increase your heart rate and burn more calories. Jog in place while you wait to cross streets to keep your heart rate up.

Bicycling

Bicycling is not only a great way to get physical activity, it also provides independence and the ability to get you where you need to go without polluting the environment! Always ride with traffic and wear your helmet properly at all times.

Skateboarding

Skateboarding offers a full body workout that burns calories and teaches precision while improving balance and coordination. There's always a risk of injury so always wear your helmet!

Roller Skating

Roller Skating is making a come-back offering a fast paced and athletic workout. In addition to wearing a helmet, knee, elbow, and wrist guards should be worn for maximum protection.

Yoga/Stretching

Stretching and Yoga builds strength, promotes good posture, reduces stress, and helps your body maintain flexibility which becomes more and more important as you age.

To protect your health and the health of others, stay home if you are sick, only leave your home for exercise with members of your household, stay six feet away from others, and wash your hands for 20 seconds right when you return home. In addition, Humboldt County Public Health asks residents to wear a face mask whenever you are in public.