



# Keeping Active @ home



This guide gives tips and ideas for teens who are looking to stay active during the COVID-19 pandemic.

## ➔ Benefits of Physical Activity

Physical activity can do a lot of good for your body and mind. It is important to stay active year-round, even when you're spending more time at home.

Physical activity **can improve:**

- ➔ Quality of life
- ➔ Heart and lung health
- ➔ Bone health and muscle strength
- ➔ Sleep

Physical activity **can also reduce:**

- ➔ Anxiety
- ➔ The chance of getting depressed

## How Do I Get Started



Start small and give yourself little goals every week.

Get your family involved.

Use a fitness app or watch to keep track of your progress.

You can compete against a parent or sibling to see who can take the most steps in a week!

If you're struggling, ask for help from friends or family.

## ➔ What Can I Do to Stay Active?

Not sure what you can do when all your usual activities are cancelled?  
Not sure where to start?

Here is a list of ideas to try out.  
See what you like!



# Try an Online Exercise Class, App or Game

## YOUTUBE CHANNEL SUGGESTIONS

### WORKOUT VIDEOS / DANCE

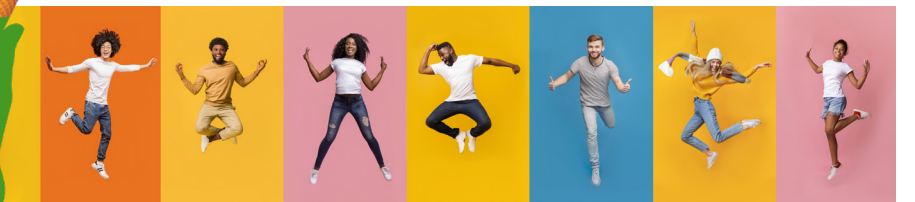
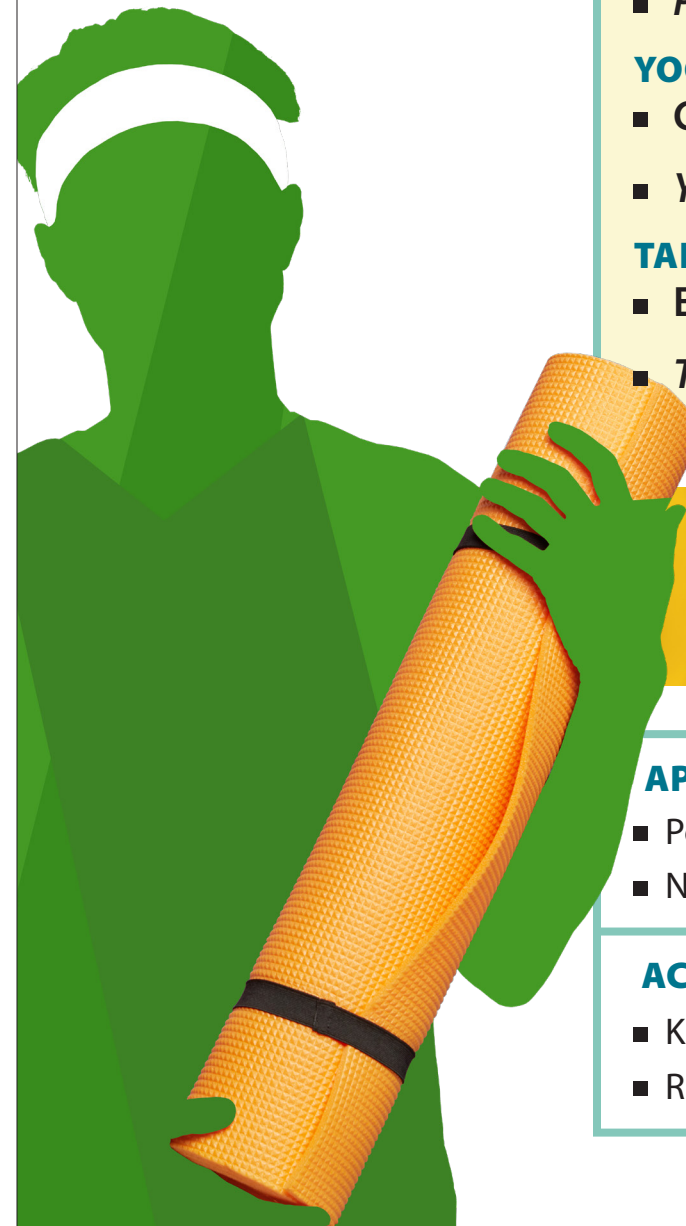
- Grand Défi Pierre Lavoie (in French)
- ParticipACTION (voir aussi participaction.com)
- *PopSugar Fitness*

### YOGA

- Centre Yoga Santé Laval (in French)
- *Yoga with Adriene*

### TAI CHI

- Elancia France (in French)
- *TaiChiHealthProducts with Don Fiore*



## APPS FOR YOUR PHONE

- Pokémon Go
- Nike Training Club
- Couch to 5k (\$)
- Down Dog (\$)

## ACTIVE VIDEO GAMES

- Kinect Adventures
- RingFit Adventure
- Wii Sports
- Just Dance

# Enjoy the Outdoors



## SPRING

- Go biking.
- Go to the skate park.
- Pass around a frisbee.
- Plant a garden.
- Visit a farm.
- Go pick some strawberries.
- Play in the rain.



## FALL

- Go apple or pumpkin picking.
- Go on a family hike.
- Find a path to see the leaves change colours.
- Rake leaves in your yard.



## WINTER

- Go to an outdoor skating rink.
- Build a snowman.
- Go sledding.
- Try snowshoeing.
- Go skiing.
- Build a fort.

Please consider adult supervision as needed and always wear a helmet for activities such as biking, sledding, skating, skiing and kayaking. Consider other protective equipment such as wrist guards or knee pads as necessary.



## SUMMER

- Try a new activity, like:
  - Disc golf
  - Stand-up paddleboard
  - Mountain biking
  - Treetop trekking
- Swim.
- Go kayaking.
- Have a water balloon fight.

# Other Healthy Habits

## Make a schedule

Include study time, physical activity, time to relax, etc.

It will help you stay organized, especially if you're home more often.

DAILY SCHEDULE	
8 - 9 am	Wake up!
9am-12pm	School
12 - 1 pm	Lunch
1 - 3 pm	School
3 - 4 pm	Physical Activity
4 - 5 pm	Relax
5 - 6 pm	Supper
6 - 7 pm	Homework
7 - 9 pm	Relax
9 pm	Bedtime



## Break up sitting time

- Stand up and walk around between classes.
  - You would be changing classes and walking around if you were going into school, so try to do the same at home!
- Try to do 10 squats or jumping jacks every hour.

## Try to get outside at least once a day

- If you're not walking from class to class anymore or taking public transit, it's still important to get some fresh air daily.
- Take short breaks to clear your mind. You'll always have homework! Don't let that be an excuse.
- Go outside at lunch time!



## Set up a good study station

- Try doing your work on a large exercise ball.
- Don't do homework in bed.



Take breaks every 25 minutes



**Monitor:** Adjust distance and height: top of the monitor at eye-level and slightly tilted.

**Arms:** Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

**Chair:** Should have a backrest and armrests, adjust height.

**Legs:** Thighs parallel to the floor.

**Feet:** Parallel to the floor. Use a footrest, if necessary.

## Eat healthy, balanced meals

Use the Canada Food Guide to make sure you are eating well

[food-guide.canada.ca/eng](http://food-guide.canada.ca/eng)



## Get enough sleep

Avoid screen time and caffeine before bed.



## Plan fun activities with your family

- Go to a drive-in movie.
- Visit a new park in the neighbourhood.
- Plan a family game night:
  - Everyone can bring one prize for bingo night.
  - Have a different family member pick the game every week.
- Bake and decorate cookies together.
- Plan a scavenger hunt.
- Camp in your backyard or sleep under the stars.



## See what your neighbourhood has to offer

Some cities organize outdoor classes (zumba, exercise classes, line dancing, etc.).

See what interests you!

## Don't forget ME time

Remember to take some time to enjoy your own hobbies. You can also meet up online with friends to do activities at the same time. Here are some ideas:

- Puzzles or Lego
- Arts and crafts
- Scrapbooking
- Reading a book
- Meditation
- Breathing exercises
- Dancing around your room
- Cook a new recipe



# References

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Montreal Children's  
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Health Centre

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