A GUIDE TO:

STAYING HEALTHY IN QUARANTINE

GO FOR A WALK OR RUN

Taking a walk or run on an un-used trail or around your neighbourhood for an hour each day will keep you active and allow you to spend some time out of your house.

TAKE A BIKE RIDE

Dust off your old bike, grab a sibling or parent, and head out for a ride. Cycling is a great way to stay in shape while still having fun! You can cruise around your community or, if you're feeling up to it, try a longer ride along a trail.

EAT NUTRITIOUS FOODS

Though it can be difficult, it is important to resist continuous snacking and instead focus on eating 3 full meals a day. The foods you eat throughout the day will have an effect on your mood and energy levels so it is important to make healthy choices!

TRY A HOME WORKOUT

Whether you're focusing on cardio, strength or flexibility, there are thousands of free apps and videos available to you. Or, if you're feeling extra creative, try making up your own workout!

GET A GOOD NIGHT'S SLEEP

Even in quarantine it is important to get a good night's sleep. Avoid staying up all night and sleeping in all day as doing so can have many negative effects on your health. Try setting an alarm to gradually get back to a normal schedule.

STAY POSITIVE

Remember that this is only temporary! Use this time to slow down and take a break from your busy life. Focus on your relationships; try calling a friend, or playing a game with your family.

WHAT ARE YOU WAITING FOR? GET HEALTHY!