

FITNESS AND MOVEMENT

FOR CONSUMERS WHILE AT HOME

One of the best ways to feel better emotionally is to feel better physically. Structuring time each day for fitness and movement each day at home with the people you support can significantly help them throughout the day.

Ask the people you support what types of fitness activities they enjoy. Offer some options for them choose. Or, think of some activities they can do with their abilities.

Establish a routine for daily or weekly exercises. With so many changes and uncertainty, establishing a new routine can help those you support feel better.

Mark a calendar for days and times when the activities will occur so the people you support can look forward to participating.

Some Ideas for Fitness and Movement



Dancing and singing can elevate the mood and reduce stress.



Aerobic exercises increase and raise the heart rate. Jumping jacks and running in place are some examples that can be done at home.



Body weight activities are good for building muscle tone when equipment is not available, like pushups, planks, squats and lunges.



Yoga and Stretching are a good way to relax and feel good physically and emotionally.