

STAYING ACTIVE DURING COVID-19

1

GET SOME FRESH AIR

Going outside for a walk or run is a great way to get out for some fresh air. Why not go for a walk around the block with your dog or try out a local walking track close to your house. These resources list some walking tracks available locally:

[MyTracks Latrobe](#)
[Walking and cycling in Baw Baw](#)
[Victoria walks- Latrobe](#)
[Victoria walks- Baw Baw](#)

2

WORKOUT AT HOME

There is an endless supply of home workouts online for you to try. Whether you want to try yoga for the first, strength based activities or cardio- there will be something for you. Here are just a few of the great resources for you to give a go:

[Get active at home exercises](#)
[Heart Foundation's at home exercises](#)
[Beginner home workout](#)
[Workout for women fitness app](#)

3

GET THE FAMILY INVOLVED

Staying active with your family is a great way to keep everyone entertained and feeling happy. Try setting up an obstacle course for the kids to try, have a family race in the backyard or use this time to teach the kids how to ride a bike, kick a football or use a skipping rope. Not only will these activities improve your family's physical health, they can also strengthen your household's relationship.

[Indoor and outdoor family activities](#)
[Ideas to keep the family active](#)
[Kid's animal circuit](#)

4

GET CREATIVE

You do not need fancy gym equipment to stay active at home. Get creative and resourceful with what you already have- if you do not own weights you can fill a backpack with books or cans, or if you do not own a yoga mat you can just use a towel.

[Household items to workout at home with](#)



5

ADDITIONAL RESOURCES

[Dementia support- staying active](#)
[Department of health- exercising and staying active during COVID-19](#)
[How much exercise is right for you?](#)



CENTRAL WEST
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[CWGPCP COVID-19 Resources](#)