

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

SOCIAL DISTANCING AND EXERCISE

You don't have to forgo a good workout in order to adequately comply with social distancing recommendations. Some things to try:

An Early AM Hike – A great cardio workout and an early trek helps ensure you stay far enough away from other people on the trails.

Jumping Rope – No space? No problem. A jump rope is an excellent tool to help increase your heart rate without requiring much space at all.

Cycling – Got a bike and a helmet? Set out for adventure on the road or in a park.

Strength-Training – Whether or not you have dumbbells or other weights, there are plenty of fantastic strength-training exercises you can do with just your bodyweight as the resistance!



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