



STAY CONNECTED

During COVID-19



Group exercise has helped millions of people become and stay active.

It can be motivating to see others have fun and challenge themselves, and energizing to know that you are not alone.

Making a commitment to someone else can keep you accountable, improve adherence and change your mindset.

And most people enjoy the company of others — to laugh, joke, play, etc.

Ultimately, group exercise can help to build a sense of community and connectedness.

While we are all doing our part to stop the spread of COVID-19, it is important to distinguish between physical distancing and social distancing. We can keep our distance and stay connected.

The following options can help all of us stay motivated, connected and active:

- Challenge a peer, friend or family member to a workout
- Celebrate the exercise accomplishments of someone else
- Workout with a friend via video chat
- Share your workouts with others online. Help us in keeping our community healthy, active and connected! The full-length version of the workout above can be found on YouTube at <https://youtu.be/xTohF-cZEj4>