

# KICK CABIN FEVER TO THE CURB

## 10-day Program Helping Families Remain Active While Working from Home



### Day 1 DANCE PARTY



Make active chore cards. Let each family member draw a card with a different active task. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch and get the chores done.

Clear some space, put on some music, and take a dance break! It can re-energize and refocus after a study session or virtual work phone call. Let each person take a turn as DJ so everyone's favorites get played.

### Day 2 GET ACTIVE WITH CHORE CARDS



Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.

### Day 3 TUNE INTO FITNESS DURING TV TIME.



Get a kinder, gentler workout. Try mindful movement like yoga, tai chi or qi gong. These gentle mind-body practices may leave you less stressed and can be done just about anywhere.

### Day 4 GET A KINDER, GENTLER, WORKOUT.



### Day 5 GET YOUR GARDEN ON!



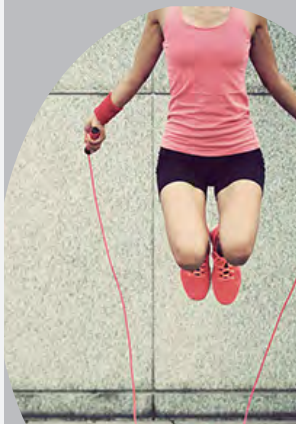
Get your garden on! Gardening, lawn mowing and yard work are a great way to get active outdoors. No yard? No problem. Try container gardening or a local community garden.

## Day 6 GET OUT SAFELY



The dog still needs walking! Grab the leash and walk the pooch around the neighborhood. A great way to get some exercise in, but don't forget to wave at your neighbors!

## Day 8 MAKE A GAME OUT OF EXERCISE.



Get virtual! Call a friend or family member and do an at-home workout together via a virtual format. Take turns coming up with different exercises to do. It's a great way to stay connected, too!

## Day 10 A FAMILY SCAVENGER HUNT



Get Out Safely. Greenways are still open and a great way to get the family out while still maintaining a safe distance from others.

## Day 7 THE DOG STILL NEEDS WALKING!



Make a game out of exercise. See how many jumping jacks you can do in one minute. Whoever wins gets to pick the next movie! You can also compete with planks, sit ups, lunges, pushups and more!

## Day 9 GET VIRTUAL



A family scavenger hunt is a great way to get everyone moving. Make a list of items to find in the yard, or if it's raining, around the house. First one to find all the items wins! Just be sure to put everything back when you're done.



American  
Heart  
Association.

# KICK CABIN FEVER TO THE CURB

### Resources: Click the links to see more ways to get active at home

Create an at-home workout circuit

Get out and walk

Physical activity recommendations for kids

Dance it out

Jumping Rope Skills

Limit Screen Time

When is the best time of day to exercise?

Tips to Keep Your Whole Family Active

Take Action to Control Stress

Meditation