

Exercise is an important part of our day as it has both physical and mental benefits

Physical Benefits:

- increase energy
- increase bone density
- increase strength
- increase conditioning (cardio vascular endurance)

Even though our sports or activities may have been canceled it is still important to be active and exercise. Sports is a collection of skills that we perform while playing a game. A lot of the time we are having so much fun playing that you may not have even realized yourself performing these skills. There is balance, strength, reaction time, agility, hand eye co-ordination, conditioning and many more. Let's take some of these and continue to work on them. The best part is we can do this right from home.

Balance: start in a good athletic position with our knees slightly bent and chest up. Lift one foot so we are balancing on one leg. Try holding this for 30 seconds on each side. If you can do that try for 60 seconds each side. Once you master that try doing it but change your line of sight as you go. Slowly look up, down, left and right as you hold for the 60 seconds. If you can do that you are pretty good, try holding your balance the whole time with your eyes closed as a final test.

Strength: there are five main foundational movements to strength training: push, pull, squat, hinge and carry.

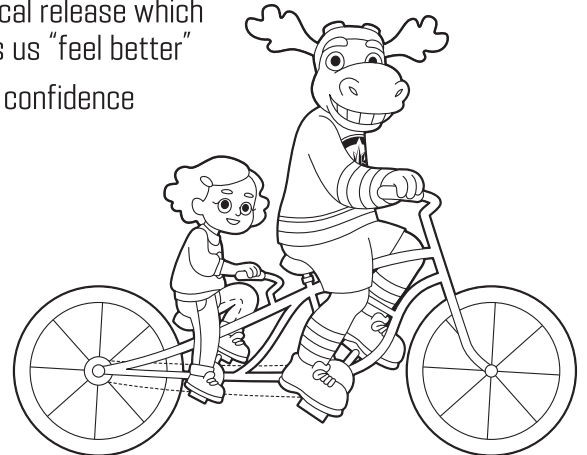
Here is a bodyweight circuit that covers them all.

1. Squat x 10
2. Push Up x 10
3. Hip Lift x 10
4. Prone Y, T, W's x 10/each
5. Front Plank x 30-60 seconds

**Perform 3 rounds resting
90 seconds between rounds**

Mental Benefits:

- reduce stress
- chemical release which makes us "feel better"
- builds confidence



Agility/Reaction Time: line up 5 cones in a row about 2-3 feet apart from each other. If you don't have cones you can use anything. Number the cones from 1-5. Start in front on the middle cone (#3) in a good athletic stance. Have a friend or family member call out different numbers, while you shuffle side to side to reach the numbers. Stay low and move your feet quick. After 10 call outs rest 30 seconds. Repeat 5 times.

Hand Eye Coordination/Reaction Time: start in a good athletic stance with your hands in front of you, palms facing down. Have a friend or family member hold a tennis ball in each hand about 6 inches over your hands. On their movement they will drop one of the balls, quickly turn your hand over so now your palm is facing up and catch the ball in your hand. Perform 5 drops then take a short 30 second break. Repeat 3 times.

Conditioning: if you are inside find a little floor space and get ready to work! Perform 20 seconds of jumping jacks, rest 10 seconds, perform 20 sec of high knees, rest 10 seconds. Keep rotating through this until you have done each one 5 times. If you are able to get outside, get some fresh air, ride your bike or go for a run!

Remember just like sports exercise is supposed to be fun! Work hard and enjoy yourself!