

Be Well Aware – Health Article



Finding a New Workout In and Out of the Gym

An Evolving Workout

As the world continues to change in the midst of a pandemic, it doesn't mean our workout has to. While some gyms are open, it is important to assess what may be most practical for your workout in these times. For some that could be only working out at home, for others it may be a blend of at home and gym workouts.

Make a Plan

Start by figuring out your schedule and when and where is it most practical to complete a workout. Will it be an outdoor run? A strength workout in the gym? Or an online group exercise class? Go ahead and make a weekly or monthly plan to keep you on task. You could even design your own workout calendar!

Utilize Your Space

Don't become overwhelmed by the lack of equipment or space to do a workout. Sometimes the simplest exercises can be the most powerful. For example, a squat targets every major muscle group in your legs and the push-up packs a punch for your chest, triceps, and even abs.

Inside the Gym

If you are new to the gym or just returning to the gym, be sure to ask about resources available to you. Also things may have changed since the start of the pandemic so be sure to ask gym staff if you have any questions about best practices. Make the most of your time there. Consider using equipment that you would not have access to in your home or otherwise. Plan your workouts accordingly.

Include Both Cardio and Strength Workouts

ACSM and CDC Recommendations



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



Make it Your Own

Always remember that a workout is not a one size fits all scenario. Try and find activities you enjoy and get moving!

References: [ACSM](#) [SELF](#)