4 Ways to Stay Active during the COVID-19 Pandemic

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. Fairview supports your wellbeing and offers tips, resources, and programs to help. Learn more below.

1. **Get Out**
   ...side! Many studies have shown as little as five minutes of exercise can improve self-esteem, mental health, and energy levels. Take a walk or jog, play fetch with your pet, or perform a [few stretches](#) in the fresh air! Minnesota State Parks can be a great avenue to explore nature and open to the public throughout this time Check out [more details here](#) or visit www.dnr.state.mn.us.
   Please note: As city and state guidance is rapidly changing, please follow all state and local ordinances related to the COVID-19 pandemic and consider calling your state or city park to be sure it's open before driving there.

2. **Phone a Friend**
   Fitness time can be social time! Call or 'Facetime' a friend while you exercise, to stay connected in your relationships. Try challenging your friends and family to be active for 10 minutes a day, perform 10 squats, 10 pushups, etc. This can be a fun and interactive competition!
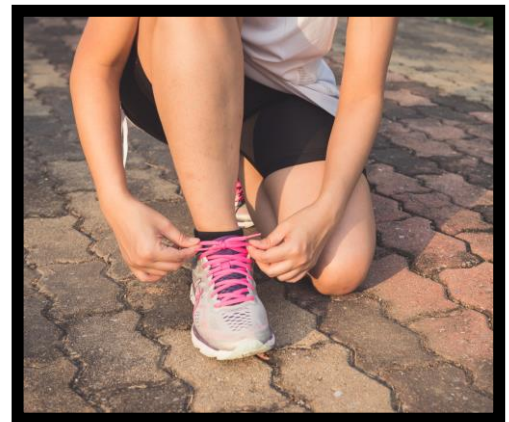
3. **Join Fairview Ways to Wellness Wherever You Are**
   Ways to Wellness offers virtual classes during this challenging time to support your health and wellbeing. From online cooking classes, mindfulness moments, to active boot camps and nutrition sessions; there's something for everyone! [Check out the full schedule and register here](#) or visit discoverw2w.org/calendar.

4. **Use your Wellbeing Dollar Allowance**
   Get reimbursed for your paid fitness apps or virtual workout streaming programs with the Wellbeing Dollar Allowance. View [more information here](#) or visit the Employee Wellbeing Intranet page under 'Benefits & Services'.

For more information and resources, visit our Well at Work Blog [here](#) or by visiting intranetblogs.fairview.org/blogs/wellatwork.

Questions? Contact Employee Wellbeing by emailing Wellness@fairview.org

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