

Workout Ideas: Quarantine Edition

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As we know, the world is in a crazy place with people and politicians all in chaos. It can be hard to stick to a routine during this time as your body feels the need to stay in bed because you can't go outside. Although that may sound nice, your body needs exercise as it exhibits endorphins that signal your mind to be in a better mood. Since gyms are closed, we as a community need to work together to keep our bodies and our minds healthy. I have some tips that could make working out more enjoyable and include my own favorite workouts.

Set your alarm:

Setting your alarm in the morning will allow you to start your day earlier. If you have the constant desire to sleep until 2:00 pm, then you won't have the motivation to carry on a workout later in the day.

Pick out your workout clothes the night before:

If you pick out your workout clothes the night before, then you will feel more obligated to workout. If your outfit is more stylish, then you are gonna feel good in what you are wearing, which will allow you to feel better during the workout.

Youtube:

There are an immense number of videos that give you workout ideas. These videos range from beginner to advanced and really give you the motivation to try harder throughout your workout. Some of my favorite channels include Blogilates, Chloe Ting, and POPSUGAR Fitness.

Take a walk:

If you're not in the mood for a fast-paced workout, then taking a walk is for you. Walking is not just good for the body, but it can put you in a better mood and allow you to clear your head. I find that after I go outside and breathe in the fresh air, I feel so much better. Make sure to take safety precautions and walk in an area that allows you to stay 6 feet apart from other individuals.

Take care of yourself:

During this time, it is hard to find the motivation to get out of bed and put the work in. You may find yourself in a dark place and often compare yourself to others. If you are a person like me, body image may be an issue and take a toll during the quarantine. It is most important that you take care of your mental health during this time. This might not be working out, but listening to music, planning outfits for when quarantine ends, face care, reading, etc.

Take care of yourselves, everyone:)