

Today's Message:

Kickstart your new at-home routines



Physical activity can improve mental wellbeing.

Find ways to get moving and stay active at home.

- Make physical activity part of your routine. Set aside time for exercise and take short active breaks throughout the day.
- Dust off the old gaming devices! Active videogames, like Wii Sports or Just Dance, are an entertaining way to get the whole family moving.
- If you usually go to the gym or a fitness class, try working out with a group over video chat. An online community or virtual workout buddy can help you stay motivated and socially connected.



Stay active this April

Special Olympics BC has created wellness calendars that are full of resources and challenges to help you stay active, healthy and having fun. Try their at-home workouts (no equipment required!) and fuel your body with delicious recipes.

<https://www.specialolympics.ca/british-columbia/athlete-health-resources>



Practice Yoga with Sandi

Sandi Bain, a family member in our *posAbilities* community, is sharing video yoga sessions for children and adults. Sandi is a certified yoga alliance teacher with over 9 years of experience. While we're all self-isolating at home, she wants to bring us together, help us maintain good health and lift our spirits through yoga practice.

<https://www.facebook.com/rockstaryogamama/videos/>



Fitness for the family

Looking for more ways for you and your family to stay active at home? Dance along with [Zumba workout videos](#), try [bodyweight exercises](#) you can do anywhere, or check out these [15 creative suggestions](#) from ParticipACTION.

Tips: Remember to warm up, stretch, and drink water. Keep track of your activity with a physical activity log.