



Recommendations of exercises to

#stay at home

Exercising at home helps maintain and boost your immune system and prevent the consequences of lack of movement, such as stiffness, muscle loss, constipation, or depression.

Walk around your house. If you do not have much space, do a *simulated walk*, walking without advancing, lifting your knees alternately.



Do *strength* and *balance exercises*.



Get up and sit in a chair to activate all the muscles in your legs and gluteus.

Go up and down stairs and thus benefit your cardiorespiratory health.

Do not forget to *hydrate yourself* well and *adjust your diet* to your caloric wear.



Stay active!

Helps maintain your physical and mental well-being