

Wellness Tip: Physical Activity Challenge

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. There are several resources available to you, even if you are practicing social distancing.

Looking for a fun way to stay active without too much thought or planning? Check out these online resources to keep you and your family active!

- Virtual Resources:
 - [Move Your Way Activity Planner](#)
 - Video-[The Brain-changing Effects of Exercise](#)
 - [Interactive health and wellness site with fitness challenges for kids](#)
 - Video - [How to get kids moving when you're stuck in the house](#)
 - Video- [Exercise at Home: Options for People with Disability or Chronic Health Conditions](#)
- Online Resources: [American Council on Exercise](#), [CDC-Physical Activity](#), [National Institute of Health: Physical Activity](#)