

# 20 WAYS TO MOVE YOUR BODY WITHOUT A GYM

The best kind of exercise is the kind that makes you feel good! Movement is beneficial for your body and your mind.

Try to move your body in enjoyable ways, every day!



1. Go for a walk in your neighborhood
2. Clean the house/apartment
3. Ride a bike or walk to campus, class, grocery store or run errands
4. Do a YouTube dance class
5. Walk around the mall in bad weather
6. Find an online exercise class
7. Practice basketball, tennis or your favourite sport
8. Ask a friend to join you for a walk or jog
9. Play a game with the children in your life
10. Take a yoga class online
11. Practice hula hopping skills
12. Turn on your favourite playlist and dance like no one is watching
13. Find a new trail to explore
14. Visit a museum to walk around while viewing the exhibition
15. Stretch
16. Walk on your break between classes
17. Body weight workout routine on YouTube
18. Walk up and down the stairs multiple times
19. Play tennis, pickleball, or beach volleyball at a local court
20. Download a free workout app