

# Let's Get Moving

Within the first month of the COVID-19 pandemic...



Step count decreased by

 ~ **1000** steps/day

among a sample of adults ( $N = 132$ ) who regularly wear fitness trackers.

## Strategies to Get Moving



Clean and Organize

Dusting, vacuuming, or gardening.



Move with the Kids

Dance party or active video games.



Workout Online

Check out your local recreation department and the web for free workouts.



Set Reminders

Get up and move every hour.



Ditch the Desk

Walk around while taking conference calls/meetings.



Challenge Friends & Family

Have a weekly step count competition.



Download Audio & Walk

Listen to music, a podcast, or an audiobook during your walk.



Take Up a New Hobby

Try rollerblading, biking, yoga, or photography.