

Pandemic Exercise

Your student may be experiencing a lack of physical activity during the pandemic. Encouragement of physical activity is imperative and can motivate your student to improve their health.

01 *Did you know?*

About 40% of West Chester's student body reported zero minutes of weekly physical activity according to the 2020 National College Health Assessment. In fact, more than 40% of college students nationwide do not meet the recommended guidelines of weekly physical activity.



02 *Yoga for the Mind*

Recommend your student to take a moment to relax and wind down with some yoga to stretch the mind and body. Long days of virtual learning at home can feel overwhelming and stressful. Stretching the body is great for releasing tension and well-needed after a long day of class.



03 *No Equipment?*

No problem! Here are some easy workouts for your student to exercise equipment-free:

- Push-ups
- Sit-ups
- Squats
- Planks
- Lunges
- Jumping Jacks
- Running
- Jogging
- Cycling

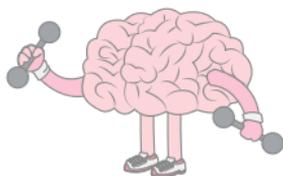
Try 3 reps of 10!
For example, do 10 push-ups three times at your own pace!



No dumbbells? Wear a bookbag filled with books to add light weight to your workout!

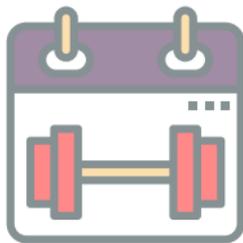
04 *Mental & Physical Health*

The transition from in-class lectures to remote learning may have been stressful for your student. In fact, due to the pandemic, college students nationwide have reported feelings of loneliness, depression, stress, and anxiety. Physical activity has been proven to improve mental health and may be helpful for your student during these turbulent times.



05 *Set Aside Time*

Set aside time to fit a daily workout into your schedule. Amongst your student's obligations such as class, family, or employment, scheduling a time to exercise is important for motivation to workout at home.



Sources

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