

COVID-19: Workout without the Gym

Here are some links to help you stay active while community and surrounding fitness centers are closed. Who knows, maybe this is the beginning of a new habit for you to maintain or reach your fitness goals!

From the American College of Sports Medicine

<http://acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

If balance or lower body pain inhibits exercising while standing, check out sitandbefit.org for several links that provide exercises while sitting.

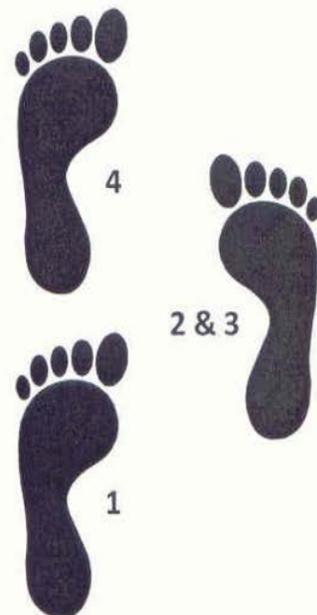
<https://www.sitandbefit.org/>

Here's hasfit.com. They offer a variety of workouts for FREE for all fitness levels. Use the drop down menus on the left of the screen to find the right workout for your needs.

<https://hasfit.com/>

Keep in mind, your mind matters! Community Chi-Gong instructor, Tina Taylor, provides this outline to help utilize your walking as a form of meditation while improving balance.

1. Immediately after placing right foot forward, 100% of weight is still on left foot.
2. Complete inhalation slowly— gradually shifting weight to right foot. As weight distribution approaches 50%/50%, begin exhalation.
3. Exhalation is completed as right foot comes to support 100% of weight.
4. When left foot becomes “empty” (supports 0% of weight) and you are ready to inhale, begin inhalation— moving left foot one half step forward as you do.



Most people in the West associate meditation with sitting quietly. But traditional teachings identify four meditation postures: sitting, walking, standing, and lying down. All four are valid means of cultivating a calm and clear mindfulness of present moment.

Walking meditation brings a number of benefits in addition to the cultivation of mindfulness. It can be a helpful way of building concentration, perhaps in support of a sitting practice. When we are tired or sluggish, walking can be invigorating. The sensations of walking can be more compelling than the more subtle sensations of breathing while sitting. Walking can be quite helpful after a meal, upon waking from sleep, or after a long period of sitting meditation. At times of strong emotions or stress, walking meditation may be more relaxing than sitting. An added benefit is that, when done for extended times, walking meditation can build strength and stamina.

It is easier to walk back and forth on a single path instead of wandering about because otherwise part of the mind would have to negotiate the path. A certain mental effort is required to, say, avoid a chair or step over a rock. When you walk back and forth, pretty soon you know the route and the problem-solving part of the mind can be put to rest. As you walk back and forth, find a pace that gives you a sense of ease. When the mind is calm and alert, slow walking may feel more natural. Once you feel connected to the body, let your attention settle into your feet and lower legs. The focus is on the alternating stepping of the feet. With your attention in the legs and feet, feel the sensations of each step. Feel the legs and feet tense as you lift the leg. Feel the movement of the leg as it swings through the air. Feel the contact of the foot with the ground. Getting a sense of the rhythm of the breath and steps may help maintain a continuity of awareness. Walking meditation can serve as a powerful bridge between meditation practice and daily life, helping us be more present, mindful and concentrated in ordinary activities.