

How to: Keep well at home

As most of us are working from home, keeping physically active can be challenging. It is particularly important to incorporate physical activity and relaxation into your new routine to help you remain calm and protect your health during this time.

With more and more of us spending time at home and our regular health and fitness activities disrupted, we've put together some ideas for you to keep active.

Recommended activity

Moderate intensity: 150 minutes per week or

Vigorous intensity: 75 minutes per week

Online Activities

Check out what's on offer on [Campus Sport](#)

Free online fitness

- [Body Coach](#)
- [NHS Fitness Studio](#)
- [Nike Training](#)

Outdoor fitness

- [Couch to 5K – ios](#)
- [Couch to 5K - android](#)
- [Circular walks Luxembourg](#)
- [Outdoor activities Luxembourg](#)
- [Cycling Luxembourg](#)

Time for You

- [Campus Wellbeing](#)
- [Petit Bambou](#)
- [Meditations](#)
- [10% Happier](#) – free version
- [Insight Timer](#)

Virtual Challenges

- [Virtual Runners](#)

Simple exercises

- If you have a call, stand or walk around as you talk
- Interrupt sitting every 30 minutes by setting regular reminders / fitbit
- Plank 20-30 seconds, rest 20 seconds (x5)
- Squats - 10 squats, rest 30 seconds (x5)
- 30 day [jump challenge](#)
- Gardening
- & the favourite – cleaning the house