How to stay Quar-Active AT HOME

Workout Plans
Plan a workout with exercises such as weights, push ups, jumping jacks, etc...

Yoga
Partake in a yoga session to exercise your body, mind, and soul.

Chores
Do some chores around the house like organizing, doing the laundry, cleaning, etc...

Eating Healthy
Just as essential as being active, it is important to eat healthily and stay hydrated.