

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.