

5 Ways to Move More While Staying Home During COVID-19

APRIL 27, 2020

Staying at home during COVID-19 may make it harder than usual to get in your daily steps. However, during this time it's important for your [health and well-being](#) to stay active.

Walking – either at home or outside – remains a [generally safe option](#) for adults and children during the COVID-19 pandemic, unless you are showing signs of the illness or have tested positive. Regardless, if you do decide to walk outside you need to abide by social distancing guidance from the CDC or your local health department.

On average, Americans walk about [3,000 to 4,000 steps a day](#), which is around 1.5 to 2 miles. That may seem low compared to the common goal of [10,000 daily steps](#).

Keep in mind that many fitness centers are closed during COVID-19, and social distancing right now is the recommended Federal and state guidance, so, here are five creative ways to move more while you stay home:

1. Take a walk or jog around the block

When the sun is shining, take advantage of it. You can still practice social distancing and enjoy the benefits of exercising in [nature](#). As a way to start small, try tracking the steps you currently take and aim to add 1,000 extra steps to work your way up. Consider taking a series of short walks throughout the day, aiming for six separate “mini-walks” of at least 300 to 500 steps each.

To enhance cardiovascular fitness, consider incorporating at least one “brisk walk” of at least 2,000 to 3,000 steps for 30 minutes each day. To help build endurance, work toward 8,000 to 10,000 steps per day. If you have a pet at home, bring them, too.

2. Try free online workout classes

Many fitness companies are offering free online workout classes – even for non-members. Now is your chance to try out that yoga or high intensity interval training (HIIT) class you may have been curious about — in the comfort of your home.

3. Be resourceful

If you don't have workout equipment at home, try finding ways to substitute. Run up and down the stairs a few times a day, use the wall for push-ups or soup cans for bicep curls. While it may not be the traditional workout you are used to, it still gets your body moving and muscles working.

4. Set an hourly alarm

Keep yourself accountable by setting an alarm to get up and walk around the house for a few minutes every hour. Small [bursts of activity](#) may help you reach your daily steps goal.

5. Dance to your favorite songs

Walking isn't the only aerobic exercise that gets your steps in. Turn up your favorite songs and throw a dance party with your family in the living room. It's a great way to get your steps in and brighten your mood.

If you need extra motivation, check with your employer about [incentive-based wellness programs](#), including ones that provide financial rewards for meeting certain daily walking goals. "Walking ranks as one of the most popular and accessible ways for people to help maintain or improve their health, and we want to help encourage our members to become more active during COVID-19," said Dr. Erik Johnson, Chief Medical Officer, UnitedHealthcare. We also remind members that while taking a step toward getting or staying active – either in your home or by following safe social distancing practices while outside."

For more COVID-19 resources, [click here](#).

Time for new health coverage? We know a great place to start.

Your health care needs don't stop. So when the time comes to look for new coverage, it's good to know you can turn to one place to find the individual plan options that may be right for you.

UnitedHealthcare makes it that simple. With one phone call, you can connect with a licensed insurance agent and take the first step toward finding quality, budget-friendly coverage.¹



Call Today
1-844-316-8479

Licensed insurance agents are standing by and ready to help.

Individual coverage options to fit your needs.

With individual coverage options, you may be able to choose from Affordable Care Act (ACA) Exchange plans or short term plans, including renewable plans (up to 36 months).² Medicare plans for those over the age of 65 also are available. And, depending on your income level, you and/or your children may qualify for coverage through a state-administered Medicaid program.



Lower Premiums

In many cases, ACA and short term plans have premiums that are substantially lower than those available through COBRA.



Next-day Coverage³

Get the security of coverage fast, right when you need it. Apply today for coverage tomorrow in many cases with short term plans.



Convenient Access

ACA and short term plans may offer access to the doctors and hospitals you already rely on.

And it all starts with personalized guidance.

Speak with a licensed insurance agent who will take the time to understand your needs and will work with you, every step of the way, to help you find the coverage that works best for you.

¹ Health coverage options are provided through individual insurance policies purchased directly from UnitedHealthcare carriers or ACA plans purchased from other carriers. These options are voluntary and **not provided** through your employer, and your employer **does not contribute toward the cost** of this coverage.

² Short Term Limited Duration Insurance does not cover pre-existing conditions. It is not minimum essential coverage as defined by the Affordable Care Act. Signing up for this coverage may result in a tax penalty in some states. These plans are not guaranteed renewable. Availability of renewable short term plans (up to 36 months) will also vary by state.

³ Available to those who qualify; available term length varies by state. <https://www.uhone.com/insurance/short-term>