

Physical Activity

The recent shelter in place order has posed some challenges for staying physically active. The Center for Disease Control (CDC) reports that “some of the benefits of physical activity on brain health happen right after a session of moderate-to-vigorous physical activity, such as improved thinking or cognition (for children 6 to 13 years of age) and reduced short-term feelings of anxiety (for adults). Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and helps you sleep better.”

Check out The Nike Training Club app. It’s free for a limited time. The Nike app “helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. Nike Training Club provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.”

<https://www.nike.com/ntc-app>