

Moving in-the-midst of COVID-19

Physical Activity for Managing Anger



Moderate physical activity **reduces feelings of hostility.**

Adults who participate in steady-state moderate physical activity for 35 minutes on 4 days per week experience significantly reduced feelings of hostility.

Improvements in mood also linger after cessation of activity!

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fhea0000836>

Exercise Intensity

Low Intensity

Can easily talk and sing
without breathing hard

Moderate Intensity

Can comfortably talk, but
can't sing

Vigorous Intensity

Can only say a few words
before gasping for breath

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Go for a **bike ride** in your neighborhood
(Practice social distancing and wear a protective face covering when interacting with others outside your home)
- Download the **Nike Training App** and chose a 5 to 60-minute workout to complete
- Try the **9-minute strength workout** listed below. Don't worry if you're new to strength training, they'll teach you the movements!

Physical Activity Resources

- Nike Training Club ([app](#))
- New York Times 9-Minute Strength Workout ([article](#))

Adults should strive for at least **150 minutes** of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!

