

Moving in-the-midst of COVID-19

Physical Activity for Better Sleep



Physical activity improves sleep outcomes.

Research shows that acute and regular physical activity improves sleep outcomes in adults, such as total sleep time, sleep onset, and sleep quality.

<https://link.springer.com/article/10.1007%2Fs10865-015-9617-6>

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!

- Follow an **at-home workout**, such as one from the **Fitbit Coach** app!
- Go for a **run** in your neighborhood or on a local trail, tracking your distance with **Strava**.
(Practice social distancing and wear a protective face covering when interacting with others outside your home)
- Do an activity while watching TV, such as **lunges, burpees, or squats** to get your heart rate up.

Physical Activity Resources

- Fitbit Coach ([app](#))
- Strava ([app](#))

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!

