Physically 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. [Source](https://link.springer.com/article/10.1007%2Fs10865-015-9617-6)

### Exercise Intensity

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Activity Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Intensity</td>
<td>Can easily talk and sing without breathing hard</td>
</tr>
<tr>
<td>Moderate Intensity</td>
<td>Can comfortably talk, but can’t sing</td>
</tr>
<tr>
<td>Vigorous Intensity</td>
<td>Can only say a few words before gasping for breath</td>
</tr>
</tbody>
</table>

### 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!

To learn more about COVID-19, please visit the Centers for Disease Control and Prevention website at: [https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)