



Staying Fit at Home

Practice may have been cancelled due to Coronavirus, but you can stay fit and ready for when practice starts again! **Fit 5** and **Fitness Cards** can help our athletes to keep on track.

[Click here](#) to register for our newsletter where Health Messengers will provide tips and ideas to stay healthy at home!

Choose the **beginner** or **advanced** workout calendar.

Beginner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Rest				Rest
Do 3 sets of all Level 1 Fitness Cards	Walk 30 minutes	Rest Day	Do 3 sets of all Level 2 Fitness Cards	Dance to music for 30 minutes	Do 3 sets of Fit 5 Balance and walk 20 minutes	Rest Day

Advanced

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Do 3 sets of all Level 3 Fitness Cards	Jog or Run 30 minutes	Rest Day	Do 3 sets of all Level 4 Fitness Cards	Dance to music for 30 minutes	Do 3 sets of Fit 5 Balance and walk 20 minutes	Rest Day