

NEWS RELEASE

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For immediate release

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Indoor fitness activities suggested for those confined by heat, standing water and mosquitoes

Important to stay both physically and mentally fit, even when confined indoors

Many individuals view the warmer days of summer as the time to get active outdoors. But for some, hot weather makes outdoor exercise difficult to impossible. With the large amount of rainfall recently, many people are choosing to stay indoors and avoid insects, such as mosquitoes, as well.

Jessica Davies, wellness coordinator with Panhandle Public Health District said both adults and children can stay active when confined to their homes. "It's important to remain physically and mentally fit, no matter the weather," Davies said. It is recommended that adults get at least 30 minutes and children 60 minutes of physical activity, most days of the week. She suggests these options for indoor activities for children, as well as adults.

Indoor activity ideas for adults:

- Exercise DVDs
- Tai Chi (go to the PPHD website for a guided video or call and a free DVD can be mailed to you directly)
- Games-Wii Fit or cards (if you haven't already gotten your activity in for the day)
- Puzzles-crossword, Sudoku, or picture puzzles
- Cleaning up your home involves a good deal of physical labor. Sweeping, mopping, and dusting can get your heart rate up.
- Cooking-definitely get kids involved with helping to cook, they are much more likely to eat it!

Indoor activity ideas for children:

- Clean (fun ideas: award points, have a race)
- Cook
- Dance
- Fold clothes
- Play hide-and-seek
- Make a scavenger hunt
- Build a fort
- Charades
- Dress up
- Play with your pet

Toys for indoor activities:

- Hula hoops
- Power pad
- Jump ropes
- Bean bags
- Twister
- Indoor basketball hoop
- Mini trampoline

The dog days of summer may arrive earlier for those stuck indoors. Davies said it is important to stay mentally fit also when confined indoors, even while longing to be outside enjoying the sunshine. "If weather or the threat of illness/insects keeps you inside, keep active to avoid becoming depressed," she said. Other ideas for fitness are available on the website, www.abeforfitness.org.

For additional information about staying active, visit www.pphd.org. The purpose of the Panhandle Public Health District is to educate the region it serves about the prevention of epidemics, spread of contagious diseases, injury, illness and disability. The district is charged with promoting and encouraging healthy behaviors. They promote the quality and accessibility of health services and protection against environmental hazards. Through education, protection and promotion of these issues,

the Panhandle Public Health District believes the quality of life of the residents they serve can be greatly improved.