








# 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 <a href="#">Level 1 Fitness Cards</a>	Walk 30 minutes	Rest Day	Do 3 sets of all <a href="#">Level 2 Fitness Cards</a>	Dance to music for 30 minutes	Do 3 sets of <a href="#">Fit 5 Balance</a> and walk 20 minutes	Rest Day

## Advanced

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