



مستشفى الملك فيصل التخصصي ومركز الأبحاث  
King Faisal Specialist Hospital & Research Centre  
Gen. Org. مؤسسة عامة

## Tips for Practicing Physical Activity during Home Quarantine



**Consult your doctor if you have any health issues**



**Use households as training weights**



**Set a time that suits your daily schedule**



**Walking and robe jumping are considered easy and fun indoors**



**Utilize your phone apps and visual sports programs**



**Watch and listen to whatever you want during workout**



**Suit up**



**Help with house chores**



**Form remote groups with family and friends**



**Buy exercise equipment and set them up in a suitable space**