



Virtual Fitness Space: Tips & Suggestions

Preparing your virtual space

- Find a space in your house that is a comfortable temperature. If you have the option, you can leave the space set-up with your equipment and mat ready to go. Alternatively, have a convenient place to store your fitness equipment for easy set up and take-down.
- Make sure you have an unobstructed view of the Virtual Fitness class on your screen. Ensure you can see the screen from different angles, such as standing and sitting.
- Make sure your space is free of tripping hazards. This includes solid objects as well as children and pets.
- Stay hydrated with your water bottle nearby and if you find it helpful a small towel to wick away any excess moisture.

Flooring considerations

- If you are on a concrete floor, try to keep jumping and explosive movements to a minimum.
- If you are on a smooth floor like hardwood, we strongly encourage a mat or sneakers.
- If you are working out on plush carpet you may not have the same balance as you do on a solid surface and may find twisting or turning hard on the knees.
- Please modify exercises to keep yourself safe.

Equipment

- Yoga Mat
- Yoga Strap or Belt
- Free Weights, Tubing or Fitness Bands

Household items that can be used as weights:

- Water jugs filled with water
- Backpack with books
- Distilled water or 4 litre milk jugs filled with water or sand. Please note you do not have to fill them all the way full- just as much as you need for your ability.