**Staying Active**

**\*\***Please note: The following links are provided by RPAY for your information. RPAY staff and board has not participated in all the activities, and takes no responsibility for the content of the courses. Please contact us at [rpay@rpay.ca](mailto:rpay@rpay.ca) should you have any concerns about the information being provided in the links.

As always, only do activities that you are able to do. If you have any concerns about starting a new exercise routine, please consult with your family doctor/ local health centre to discuss if the particular activity is appropriate for your fitness level.

As per Yukon Protection Services, we ask that as always, you take the appropriate risk management precautions. Please do not attempt any extreme sports and limit activities that may result in the need for you to be rescued like backcountry activities**.**

**We will be updating this document as we find new resources. If you have something you’d like to share, please share it with us (**[**rpay@rpay.ca**](mailto:rpay@rpay.ca)**) so we can share it on this document.**

**General Recommendations:**

1. OUTSIDE IS NOT CANCELLED! We are fortunate enough to live in a place with numerous trails. Please maintain physical distance, and bring your bear spray, the bears are waking up.
2. Staying active is a great stress buster! Be it by taking a walk around the block, or by following one of the links below, we encourage all Yukoners to remain active

**Current information on COVID-19 in the Yukon**

<https://yukon.ca/en/health-and-wellness/covid-19/current-covid-19-situation>

**Getting Active/Staying Active**

**Outdoor activities for kids/youth**

<https://outdoorfamiliesonline.com/free-outdoor-learning-kid-activities/>

**#BreakUpTheBoredom with Special Olympics Yukon**

<https://www.facebook.com/specialolympicsyukon/>

**Working from home? Some suggestions on how to keep your kids active**

<https://activeforlife.com/42-activities-to-keep-kids-busy-while-parents-work-at-home/>

**CGC- Online classes**

<https://www.youtube.com/channel/UCsAw0ezGw32qw32ao2g3hEw?app=desktop>

**Indigenous Games to Play at Home with Your Children**

<https://activeforlife.com/five-indigenous-games-to-play-with-your-children/>

**BC Athletics track based challenges for youth/kids, updated weekly**

<https://www.bcathletics.org/TrackAndField/LTADPrograms/run-jump-throw-wheel/?section=track-and-field&ltad_section=run-jump-throw>

**List of Free Online Fitness Classes That Need no Equipment**

<https://www.cbc.ca/life/wellness/these-are-the-free-no-equipment-online-fitness-classes-you-need-right-now-1.5500751>

**Another List of Free Online Fitness Classes**

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

**Fitness Blender, Online Workout Videos**

<https://www.fitnessblender.com/videos>

**Information on Exercise Plans for Elders/Seniors, Including a Weekly Schedule**

<https://www.healthline.com/health/everyday-fitness/senior-workouts>

**Participaction- multiple options!**

<https://email.participaction.com/acton/rif/19396/s-0595-2004/-/l-024d:6737/q-0256/showPreparedMessage?utm_term=arclaunchsectorenglish&utm_campaign=sector-covid-apr-2020&utm_content=email&utm_source=Act%20on%20email&utm_medium=Email&cm_mmc=Act-On%20Software-_-email-_-Help%20Canadians%20stay%20active%20and%20healthy%20with%20ParticipACTION-_-Click%20here%20to%20view%20online.&sid=TV2:sMiiT2Tcw>

**Games for 1,2, or 3 people!**

<https://www.playmeo.com/simple-fun-games-for-1-2-or-3-people/>

**Four interactive exercises for online meeting**

<https://www.playmeo.com/top-four-interactive-exercises-for-online-meetings-virtual-conferences/>

**Online Training Opportunities**

**Recreation North- Certificate program for folks wanting to or currently working in recreation in the north**

<https://www.recnorth.ca/>

**Online training offered by YogaFit**

<https://www.yogafit.com/ca/find-yoga-teacher-trainings/>