

KEEP ACTIVE while in Quarantine Hotel

Keep strong in your hotel room with these exercises, talk to health team first if you have health issues

7 EASY EXERCISES

Strength Exercises

- 2 Sit on chair to stand



Warm Up

- 1 Stationary march with arm swing or seated march



- 3 Standing hip extension on each leg



Balance Exercises

- 4 Side leg raise on each leg

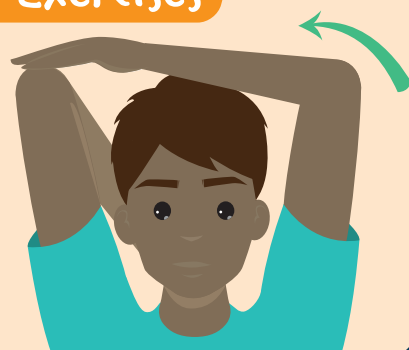


- 5 Single leg stand on each leg



Flexibility Exercises

- 6 Triceps stretch on both arms



Cool Down

- 7 Standing quadriceps stretch on both legs



If you or someone you know has symptoms call your doctor or 13 HEALTH (13 43 25 84). For more information about COVID-19 visit <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>