



GUIDE TO VIRTUAL EXERCISE



Virtual exercise can reduce many of the barriers often cited by those wanting to keep a regular movement routine. Although not necessarily new, the interest in virtual exercise has certainly increased in the last 12 months.

If you haven't yet tried it and wondering if it's something that could work for you, we hope our handy **Guide to Virtual Exercise** helps you get one step closer to a healthier, stronger you!



1 Will exercising virtually help you achieve your goals? ✓

If you haven't considered what you want out of exercise just yet, it's a good thing to consider before you get started with something new. Is it strength, balance or perhaps fitness that you are after? Perhaps you are looking to reduce your pain, feel like you have more energy, or work towards make your daily activities easier. Whatever it is, make sure the type of virtual exercise you are considering trying, has sessions and a framework that supports your goals.



Tip 1: Confirm your goals

2 Are you ready and motivated to get started? ✓

Although getting some clarity regarding what you want to get out of any exercise you participate in is important, considering whether you also feel **READY** and **MOTIVATED** to participate is also crucial.

When it comes to movement, consistency is key, so looking at what is available and really thinking about whether you feel keen to get started is an important (but often missed) step in making a new healthy habit. Do the class times work? Can you see yourself completing the virtual exercise sessions regularly?



Tip 2: Check you are ready to roll!

3 Setup your space and stuff!

Participating in virtual exercise will require some space, which can be a challenge if you live in a small unit or apartment. If possible, designate an inviting area within your home to exercise and keep your equipment close by. We recommend making sure you have a **2 x 2m area** as a starting point, which is clear of obstacles. If you can also aim for an area where you have enough space for you to be able to lie down on floor and reach your arms overhead, then great! If you are doing live virtual sessions, your instructor will likely benefit from being able to see you from head to toe, so ensure your device allows for the best view possible, perhaps also considering use of a webcam.

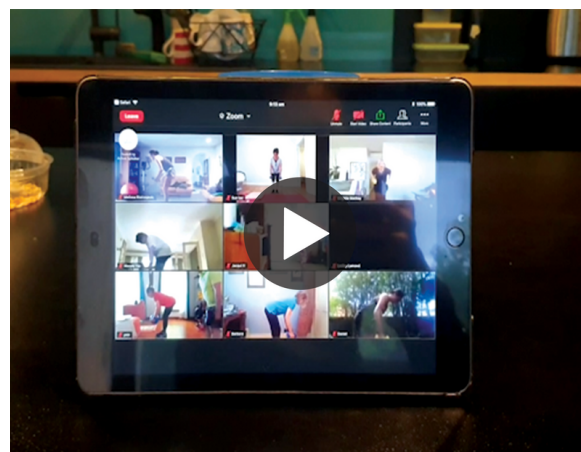
Depending on the sessions you plan on completing, you might also require some gear. If you are just getting started, start small. Perhaps a water bottle or bag of rice is all you need if you have your eye on some resistance training. Many sessions will require no equipment, so it's worth checking out what is recommended for the sessions you plan to complete before purchasing too many products. One handy hint is then to keep whatever you require close to your chosen space, so your setup time is minimal!



Tip 3: Setup your space!

4 Tinker with your Tech

When it comes to participating in the session itself, you will need a device that can stream or play the session content to you. It could be an I-pad, laptop or desktop. If you have the setup, you could also consider hooking up your device to a TV to ensure you can see the instructor clearly. Check what platform the virtual sessions are being hosted on, in case there are further requirements. (We use Zoom!)



Tip 4: Tinker with your tech

5 Lights, Camera.. Action!

If the sessions you plan to do are live, then make sure your device has a camera. Allowing the instructor to see you as you move means they will be able to guide and motivate you. This is such an important part of feeling connected to both the instructor, and the others in your group. If you are a little camera shy, perhaps join a session to just watch first so you feel more comfortable and confident.



Tip 5: Keep that camera on!

6 Safety First, Safety Always

It's important to check in with yourself before and during a virtual class. How hard do you feel you are working? Though the intensity of a class varies from person to person and can change based on the session, it's important that you only do as much as feels comfortable. If the sessions are run on ZOOM, use the Chat feature to let the instructor know if you need any modifications or have any questions. It's also helpful to ask yourself these questions before each session.



Tip 6: Safety every session!

If the sessions are run on ZOOM, use the Chat feature to let the instructor know if you need any modifications or have any questions. It's also helpful to ask yourself these questions before each sessions

- Am I ready to exercise?
- Do I feel rested and ready to move?
- Do I need to let the instructor know anything before I start?

We hope our tips have helped inform you more as to whether virtual exercise might be a good option for you. Even if you are trialing virtual exercise for the first time, we hope these tips also help you feel prepped and ready to enjoy your sessions as much as possible.

