



6 Sports Options from Halodoc During Social Distancing

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HumasUPNVJ - The transmission rate of the Covid-19 Virus (Corona Virus) in Indonesia is increasing day by day compared to before. In recent times, the increase in transmission of the Covid-19 Virus has reached 100, and one of the areas in Indonesia that has the highest number of patients infected with this virus is the city of Jakarta.

Various efforts have been made by various parties, such as the government which has started to make a decision to prohibit its citizens from being active as usual, offices are starting to be closed and starting to work from home (*work from home*), school children and students are also advised to study from home and there are many more. again the government's efforts so that its citizens can practice *social distancing* / keep their distance to suppress and reduce transmission of the virus or minimize the negative impact caused by this dangerous virus.

We, as good citizens, must fully support and contribute to the government's efforts to prevent the transmission of the Covid-19 virus (Corona Virus) while still #DirumahAja. After doing self-quarantine by #DirumahAja, many must feel bored and bored because they cannot do their usual activities outside the home. Actually there are many productive activities that we can do while at home, one of which is doing simple exercises. Reporting from <https://www.halodoc.com/> there are several sports that are easy and can be done when we are #DirumahAja:

1. Yoga

Yoga is a choice of exercise that can be done at home. To avoid the risk of injury because there is no trainer watching, you don't need to do complicated movements. Just do some simple yoga moves or ones you've learned yourself. Doing simple yoga can also be a solution to stay healthy. You can try some simple movements at home, such as *tree pose*, *cat-cow*, and *mountain pose*. In addition to physical health, yoga is also good for mental health. Some other benefits that can be obtained from yoga are maintaining the body's metabolism, increasing breathing, and preventing stress and increasing a sense of peace in the mind that may be tired. For those of you who are currently feeling afraid and anxious about the corona virus, practicing yoga skills at home can be the medicine.

2. Jog

Take advantage of the yard area to jog back and forth, or use the treadmill.

3. Aerobics

Sports like aerobics or zumba are more fun when done in groups while at the training ground. However, that doesn't mean you can't do this sport at home, especially during independent isolation. Yes, you can still do it, with the help of simple tools like a music player.

To keep things fun and uplifting, play aerobics songs and guides on the television or cell phone, to provide a gym-like atmosphere. Do this exercise for about 30 minutes every afternoon to get maximum results.

4. Cardio exercise

Cardio exercise has long been known to be effective for losing weight, maintaining the immune system, and protecting the heart from various disorders. One of the advantages of this exercise is that it can be done at home without equipment. Some types of movements that you can try are high knees, which are movements that are performed by moving the main muscles in the thighs and calves at a certain speed, or *burpees*, which are exercises for the whole body. *The burpee* consists of *squatting*, kicking your feet *back*, *push-ups*, doing squats again and finally standing while jumping. If the five movements are carried out correctly, the whole body will move and the essence of the sport will really be carried out.

5. Jump Rope

This exercise can be a solution for those of you who want something easy and simple. *Skipping* or jumping rope can be done at home, but it can still make you sweat and stretch your muscles. Do this exercise after doing the proper stretching. If you are strong, you can do it 15 to 20 minutes per day.

6. Dancing

If you are bored or not comfortable with doing some of these sports, you can try dancing. Just play your favorite music as accompaniment, and do some simple movements that make the whole body move. Even though it's not as serious as other sports, dancing can be another solution to keep moving and living healthy while at home

(source: <https://www.halodoc.com/Pilihan-olahraga-selama-social-distancing>)

Those are 6 choices of sports that can be done at home, during *social distancing* during the current corona virus emergency. Don't forget to always warm up before any exercise and drink enough water to keep your body well hydrated. *Stay Safe, Stay Healthy*. Greetings Defense of the Country!

