Hello RCC student, staff, and faculty. Due to the current circumstances that's affected the lives of everyone worldwide we’ve all made the necessary adjustments to our lives. While gyms are closed I wanted to provide you with a couple of simple exercises that you could do at home.

**At-Home Workout**

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**Jumping Jacks — 2 Sets (25 reps)**

**Lunges — 2 Sets (25 total) (Left & Right Leg)**

**Air Squats — 3 Sets (10 reps)**

**Forearm Planks — 3 Sets (15 seconds)**

**Push-ups — 3 Sets (10 reps)**

Stay Hydrated!!! Drink at least 8 to 10 glasses of water each day.

**Healthy Snack Choices**

- Apples
- Carrots
- Oranges
- Bananas
- Oatmeal
- String Cheese
- Yogurt
- Hummus
- Almonds
- Blueberries
- Green Veggies
- Whole Wheat Crackers

Questions or comments? Email Jelani Townsell the Assistant Dean of Athletics, Health and Wellness at jtownsell@rcc.mass.edu