

Seeking routine in the midst of a quarantine

Online exercise class helps relieve stress

By Patricia Villers

Screenshots by Linda Gottlieb

Those of us who aren't health care workers, first responders, store employees, postal workers, or hold other essential jobs now have a lot of time on our hands.

But are we using it as wisely as we could?

I know I could do better in how I spend my 24 hours each day. I feel about half the time I'm accomplishing something but the other half? Not so much.

"Another key is maintaining routine in uncertain times- this gives people a feeling of autonomy- that at least part of their lives is under their control..."

That's why I've enjoyed participating for the past four weeks in an online version of *Moving On Fitness* exercise class. The class sponsored by Griffin Hospital in Derby is for breast cancer survivors.

Our instructor, Linda Gottlieb, inspires us each Tuesday via Facebook Live video from her home.

And it has been working out great! We say 'hi' at the beginning to let Linda know who is watching, and she gets us moving to a variety of tunes.

I posed a question to Linda about how she feels teaching our "invisible" group of ladies.



"Seeing myself [on my phone] isn't as much fun as seeing the participants in class!" she said. "It's great to be able to offer this option to maintain the community in an uplifting positive way.

"Science has proven consistently that exercise boosts mood, decreases anxiety, as well as offers important physical benefits.

"Another key is maintaining routine in uncertain times- this gives people a feeling of autonomy- that at least part of their lives is under their control..."

"All in all it's fantastic that technology allows us to stay connected when we have to be socially distant!"

Stay safe and healthy!



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