

Fitting in Physical Activity



July 1

TIME

12:40 pm – 1:30 pm

RSVP

ProLearning

LOCATION

[Zoom](#) Meeting ID: 486 270 4711
Password: 423561

While sheltering in place and working from home have helped slow the spread of COVID in our communities, our normal daily routines have also been significantly impacted. Gyms and fitness centers are closed, we are not walking to and from our offices, and we may be sitting more than ever. The American Heart Association recommends the average adult get 30-45 minutes of physical activity per day.

Join Certified Athletic Trainer, Bryce O'Hara as he shows you how to sneak physical activity into your day and details the importance of physical activity. Plus, he will show you specific techniques to help you include the daily recommended 30-45 minutes of physical activity into your daily routine.

Bryce O'Hara, ATC works for MarinHealth as an Athletic Trainer at Sir Francis Drake High School.