**Top 10 Motivations for Exercise During COVID-19**

*Ithaca College Wellness Clinic*

√ Provides me with mental clarity and positively effects my mental health

√ Positively effects my immune system

√ A chance to get outside of the house or enjoy nature

√ Provides relief towards feelings of confinement

√ Provides a sense of accomplishment

√ A chance to take a break from screens

√ A component of self-care and self-compassion

√ Increases my enjoyment of other daily activities

√ A chance to try new things and new types of workouts

√ Make me feel strong and capable

References

Simpson, R.J. (2020). Exercise, immunity and the COVID-19 pandemic. *American College of Sports Medicine (ACSM)*. Retrieved from: <https://www.acsm.org/all-blog-posts/acsm-blog/acsm-blog/2020/03/30/exercise-immunity-covid-19-pandemic>