

# Active Recovery Workouts

These items are meant to give your body a rest from the “traditional” workout, but still keep the body moving to increase blood flow and decrease stiffness.

- 30-minute walk with your family, friends, or dog
- Hike a local park
- 15-minute bike ride
- 20-minute Yoga video
- Rollerblading
- Rolling out
- Swimming
- Paddle boarding, surfing, sailing, kayaking or other water activities
- Community service
- Dancing
- Sports: tennis, football, basketball, volleyball, golfing, frisbee golf