**Staying active at home**

When it comes to your well-being, living an active lifestyle is one of the most beneficial things you can do to promote good physical and mental health. In fact, exercise has been shown to be an [effective treatment for depression, with even small to moderate amounts having a beneficial effect](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3674785/). This is in addition to the many other benefits that staying active offers. However, with gyms closed due to COVID-19 lockdown measures and recent stay-at-home orders, staying active can seem like a real challenge. To improve your health and wellness, here are some ways you can stay active while keeping safe.

To learn more, visit [www.otipinsurance.com/article104](http://www.otipinsurance.com/article104).

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