

Personal Trainer: How to Stay Fit, Healthy While Quarantining at Home

Gerrell Webb, owner of itrain365, says it's very important to continue working out amid the COVID-19 quarantine. Although gyms are closed, some creative ways to still get a workout include using gallons of water, canned foods and books as weights. Implementing a new, consistent routine is crucial too.

"For me, Monday through Friday are my strict days," Webb says on the *Next Level Leaders* podcast on the Charisma Podcast Network. "Saturday is the time that I have set aside for my wife, so I eat whatever I want because I'm with her. So I would encourage people to be consistent; take it one day at a time and find what works for your lifestyle. Now whether that's keto, intermittent fasting, three meals a day—whatever it is that you can do consistently, keep it going."

For more advice on staying fit and healthy while at home, [click here](#) for the entire episode.