In light of the shelter-in-place order, the Peninsula Health Care District Health & Fitness Center is closed until further notice.

To help our community stay active and moving, our health and wellness team has put together an **At-Home Exercise Program** with a series of fitness and wellness resources, available online and on TV.

While the Center may be closed, we are here for you!

For more information and program materials, please call: **650-443-3777** or visit: [www.peninsulafitness.org](http://www.peninsulafitness.org)

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Tips to Stay Healthy and Active:

✓ Stay hydrated.
✓ Stay rested.
✓ Eat a well-balanced diet.
✓ Practice mindfulness.
✓ Meditate.
✓ Stretch.
✓ Take a walk outside.