The following list includes some fitness improvement options. Depending on your state shutdown guidelines, some may not be options in your area. Follow whatever guidelines are in place for you. Be creative, you might surprise yourself.

1. Outdoor fitness: Alone, or with family members, these can all be adjusted to accommodate to your fitness level. Very low cost, since most have bikes, but make sure to pump up the tires. If don't have, invest in a good pair of appropriate shoes and athletic clothing. Remember to shower afterward.
    a. Walk/jog/run
    b. Bike
    c. Hiking

2. Indoor Exercise equipment: Good option, if you have home exercise equipment of quality. If not, perhaps consider making this an investment for continued use after the shutdown is lifted, even if you return to the gym.
    a. Stationary bike
    b. Treadmill
    c. Elliptical machine
    d. Rowing machine

3. By your desk: Set your timer to go off at the top of the hour. Take a break from your desk and do a set of one, or any combination of these activities. Work up in number and sets as your fitness level improves.
    a. Sit-ups
    b. Pushups
    c. Squats
    d. Lunges
    e. Walk break

4. Outdoor rec: Fun fitness-related activities to play with family members, if courts are available. Since most golf courses only allow walking, golf qualifies as fitness activity.
    a. Pickleball
    b. Golf
    c. Tennis
    d. Volleyball

5. Indoor classes: A quick search will find multiple free or paid-service fitness activity options. If you are old-school, pop in an VHS exercise tape you have in the closet. Some personal trainers are using Zoom or FaceTime, if you need the extra motivation. There are also many apps you can get for your phone or iPad.
    a. Exercise videos
    b. Streaming exercise services
    c. Workouts found on social media sites
    d. Personal training

6. Family fun: It's game time. Be creative and come up with family games that also will get you moving.
    a. Family Olympics
    b. Tag
    c. Come-across
    d. Wii fitness games

Disclaimer: Always consult your physician before increasing your activity level significantly.