



Regional Geriatric Program
of Eastern Ontario

STAYING ACTIVE

during the COVID-19 pandemic:

The COVID-19 pandemic has disrupted our daily routines and activities. You may find that you are spending more time at home and getting less activity than you usually do. Here are some tips to increase your physical activity while you are at home.

A daily walk outside respecting physical (social) distancing measures is a great way to get moving. Ensure you walk on quiet streets and give yourself plenty of room (2 metres or 6 feet) if you choose to walk with someone. If you have not been active in a while, start slowly and increase the time you walk little more each day. If you have been advised to use a walker or cane, please make sure you use this for your walk.

Inside the house:

There are plenty of things you can do in and around the house. The following are only recommendations. Please choose the activity based on your current activity levels and comfort.

1. Get up and walk around after sitting for 30 minutes. Put a timer or alarm on your watch as a reminder.
2. Instead of letting things pile up around the house, put things back in their place right away.
3. When getting out of a chair, instead of just getting up, stand up and sit down again 2 to 3 times before walking away from the chair.

4. When you go to the bathroom, walk up and down the hall a couple of extra times.
5. When you are watching TV, either stand up or stay sitting and march in the chair during commercial breaks.
6. Walk up and down the stairs, a couple of extra times and always use the railing.
7. Try to participate in or complete more chores around the house.
8. If you have a stationary bike or treadmill, use it a couple of times a day for a short duration or add a few more minutes to your daily routine.

The benefits:

Depending on your physical health, an increase in exercise can provide many health benefits, such as greater ease of movement, less pain, an increased energy and better mood and wellbeing.

The goal:

Adults aged 65 years and older should aim to get at least 150 minutes of exercise per week (or about 22 minutes a day), in sessions of 10 minutes or more.