



OLDER ADULTS: STAYING ACTIVE

Follow these tips for physical activity while you are at home during the COVID-19 (coronavirus) outbreak.

During this period of COVID-19 precautions, many of us are being asked to stay at home to prevent spreading the virus. During this time, it is especially important that you stay active, practice self-care and keep your physical strength up. Even if you are not ill, weakness and deconditioning can result after just a few days of decreased physical activity. The old saying, “Use it or lose it,” could never be truer.

The National Council on Aging (NCOA) has posted a [nice article](#) that explains the importance of safe physical activity for older adults during this time. It includes links from the American College of Sports Medicine on ways to [stay active](#) while we all work to prevent the spread of coronavirus.

Here are some activity tips we would like to share with you.

Stay active!

There are many ways to stay active without going to the gym. Staying active will help you maintain strength and muscle mass and keep your immune system and mood healthier.

- Remember 150 minutes (2½ hours) a week or more of activity is the best for maintaining good health.
- Activities you do at home can include stairs, gardening, housework or online classes.
- Walking or exercising outside is a good option. Remember to keep at least 6 feet of distance between you and others and wear a mask. Good air flow is important.
- If you go to the gym to exercise, remember to follow appropriate precautions of masking, social distancing, disinfecting of shared equipment, and frequent hand washing.
- The National Institute on Aging has a free collection of [home exercise videos](#) and [printed workout instructions](#) available online.
- The American Physical Therapy Association also has a number of [balance exercises](#) that you can do at home.
- If you have osteoporosis, or are at risk for it, here is a list of [recommended exercises](#) from Too Fit to Fracture.

Remember to do all four types of exercise.

Walking is great and can build endurance, but walking is not enough. Make sure you add exercises for balance, flexibility and strength 2-3 times per week. Check out this [infographic](#) that describes all four types of exercise activities recommended to stay healthy.

Learn a new activity.

Take this time to try something new or work on your exercise habits. Have you thought about tai chi, but don't know how to get started? Or have you wanted to explore yoga but are not sure how?

Below is a list of activities with links to their description. Some of the activities are free and others may include a small fee.

Name	Type	Price	Level of Function	Older Adult Population
DailyDosePD	Subscription	\$29 per month	Any	Parkinson's
Spiro100	Subscription	\$8.99 per month	Low to moderate	Dementia, low functional level
Mobility Matters	Videos	\$39.99	Low to moderate	Fall prevention
NIA Go 4 Life	Videos	Free	Moderate to high	Any
Dance for PD	DVDs	Various	Any	Parkinson's
Clock Yourself	App	\$3.99	Moderate to high	Any – including mild cognitive impairment
Sit and Be Fit	Videos/DVDs	Various	Low to moderate	Any
ElderGym	Videos	\$20 per month	Any	Any
Walk With Ease	Online program	Free	Any	Arthritis
SilverSneakers OnDemand	Online program	Free	Any	Any
TotalBrain Health	Videos	Free	Any	Any
Osteoporosis Exercise Videos	Videos	Free	Low to moderate	Osteoporosis
Tai Chi Daily Series	Videos	\$25 to \$50	Any	Any
MindMate	App	Free	Any	Any
Tai Chi for Seniors	Apple App	\$3.99	Any	Any
7 Minute Chi	App	Free	Any	Any