



## 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.

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

### Stay active!

Even though you cannot go to the gym, you need to stay active. This will help you maintain strength and muscle mass, and keep your immune system healthy.

- 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 or housework.
- Walking outside is still a good option as long as you are not in close contact with other people. Remember to keep at least 6 feet of distance between you and others. There is good air flow outdoors which helps protect you. Take your cell phone and tell someone where you will be rather than meeting with a friend for the walk.
- 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. However, it is important to also perform exercises that focus on balance, flexibility and strength. Check out this [infographic](#) that describes all four types of activities.

**Learn a new activity.**

Take this time to try something new. 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
<a href="#">DailyDosePD</a>	Subscription	\$29 per month	Any	Parkinson's
<a href="#">Spiro100</a>	Subscription	\$8.99 per month	Low to moderate	Dementia, low functional level
<a href="#">Mobility Matters</a>	Videos	\$39.99	Low to moderate	Fall prevention
<a href="#">NIA Go 4 Life</a>	Videos	Free	Moderate to high	Any
<a href="#">Dance for PD</a>	DVDs	Various	Any	Parkinson's
<a href="#">Clock Yourself</a>	App	\$3.99	Moderate to high	Any – including mild cognitive impairment
<a href="#">Sit and Be Fit</a>	Videos/DVDs	Various	Low to moderate	Any
<a href="#">ElderGym</a>	Videos	\$20 per month	Any	Any
<a href="#">Walk With Ease</a>	Online program	Free	Any	Arthritis
<a href="#">SilverSneakers OnDemand</a>	Online program	Free	Any	Any
<a href="#">TotalBrain Health</a>	Videos	Free	Any	Any
<a href="#">Osteoporosis Exercise Videos</a>	Videos	Free	Low to moderate	Osteoporosis
<a href="#">Tai Chi Daily Series</a>	Videos	\$25 to \$50	Any	Any
<a href="#">MindMate</a>	App	Free	Any	Any
<a href="#">Tai Chi for Seniors</a>	App	\$3.99	Any	Any
<a href="#">7 Minute Chi</a>	App	Free	Any	Any