

# seniors first BC



(Source: Piktochart, 2021)

## How Can I Keep Active This Winter During COVID-19?

**Disclaimer:** Please note that this information is current to the written date, and the Provincial and/or Federal COVID-19 guidelines may change affecting the activities below.

### Importance of Being Physically Active

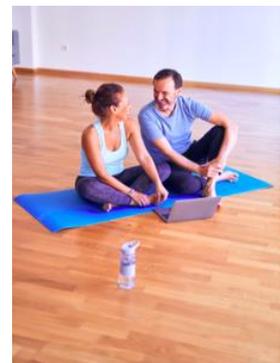
It can be difficult to be physically active in these unprecedented times. However, it is extremely important to keep our bodies healthy, especially with the additional stress many people are currently facing. Regular and consistent physical activity promotes mental wellbeing and cognition, and it prevents chronic disease and social isolation.

### Recommended Activity Guidelines

What counts as physical activity?

“Physical activity is defined as any movement of the body that uses energy” (BC Ministry of Health, 2015).

- Adults (18-64) are suggested to participate in minimum 150 minutes of moderate to vigorous intensity activity per week.
- Older adults (65+) are also suggested to accumulate 150 minutes of moderate to vigorous intensity activity per week however it is recommended in 10-minute bouts.



(Source: Piktochart, 2021)

### Group Exercise Classes

Low intensity group exercise classes are an interactive way to participate in physical activity. Even though safety measures are put in place to prevent the spread of COVID-19, individuals can still chat as a group and work towards their health together. Some of the examples of low intensity exercise classes, given by the Government of BC, are barre, exercise machines, light weightlifting, pilates, stretching, tai-chi, and yoga.

**Activities at Home**

If you are in self-quarantine, and do not have any COVID-19 symptoms or diagnosis, there is an array of exercises which can be done at home to keep active such as squats, planks, and side knee lifts. At home you may also have the opportunity to garden, dance, or play with grandchildren or a pet. Going for walks, regardless of the length, can be beneficial to your mental and physical health, and you can plan to go at a time of day which you presume will be less busy. Take short active breaks throughout the day to gradually accumulate time spent active. This can be more practical for some depending on their schedule, and it prevents being sedentary for too long.



(Source: Piktochart, 2021)

- Follow an online exercise video (YouTube.com has hundreds of options and you can choose how long you want to participate for).
- Walk around your house/apartment or in one spot. Walk around while you're on a phone call, or if you're listening to an e-book.
- Stretch periodically to promote flexibility and maintain a good range of motion.

**Non-Contact Outdoor Activities**

If the weather permits, you may be able to participate in cycling, golf, tennis, outdoor skating, skiing or snowshoeing depending on your region. Connecting with nature is good for our wellbeing and it can be a relieving change-of-environment from staying home.



(Source: Piktochart, 2021)



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**THANK YOU TO OUR VOLUNTEER GEORGIA GRENIER FOR  
WRITING THIS BLOG!**

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