

Choose to Move during COVID-19

We are living in a time that prompts us all to stay positive, while adapting to rapidly changing environments. The Active Aging Society acknowledges the health threat that COVID-19 presents, and encourage you to follow best prevention practices outlined by the BC CDC: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/prevention>.

Despite the current crisis, it is important for seniors to stay physically active and socially connected since we know that there are numerous health benefits. How this looks for you may change from your normal routines, but we hope the tips below will help you to stay active and connected.

Tips to keep active

With many recreation centres closed and group activities cancelled, you may wonder how you can stay active. There are many ways to continue to be active at home or close to home. Here are our top 5 tips:

1. Go for a walk!

If you want to make it social, consider talking to a friend on the phone while you are out.



2. Call someone to be your activity buddy.

Research shows that being accountable helps us stay active. Recruit a friend (on the phone) to share your physical activity goals for the week. Schedule a call to check-in on your progress.



3. Deep clean your house!

When it comes to being active, small activities, accumulated throughout the day, count just as much as organized activity. Now is the perfect time to do that extra dusting and floor polishing, call it early spring cleaning!

4. Walk to drop-off groceries on the doorstep of your neighbour in-need.

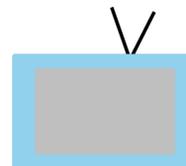
If you aren't in a high-risk health category, check-in with your neighbours to see if anyone needs a few groceries, or home supplies. Walk to deliver the groceries on their doorstep. If you have the energy, continue to walk around the block.



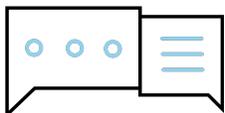
5. Discover new online resources.

These days, there are many free stretching, exercise, and relaxation classes online. Use google and enter the search “free online exercise programs for seniors.” Read the results, and pick one that looks right for you. If you’re not sure where to start, check out the list of resources we trust at

www.choosetomove.ca/for-participants.



Tips to keep socially connected



No need to be a stranger! Keeping physical distance from others does not mean you must be disconnected. Make a list of people that you love connecting with regularly- or someone who you would like to catch-up with- and give them a call! If you have a regular coffee date with a friend, keep it up by sharing a cup of joe over the phone or via video chat. Have you ever been on a virtual dinner date? Cook the same meal as a friend or family member simultaneously and enjoy it together virtually.

Tips to manage stress and anxiety

Relax your breath.



This may seem simple, but stressful circumstances can lead to shortened breath – this affects our whole body. Being mindful of our breath can relax our nervous system and increase calm. Try this: 1. Find a comfortable seated position, 2. Put one hand on your chest and one on your abdomen, 3. Take a few slow breathes in and out. Feel both your chest and belly expand. 4. If you don’t feel dizzy (in which case stop immediately and resume normal breathing), trying breathing in while counting to 2 or 3 in your head, then breathe out while counting to 2 or 3 in your head.

For more tips, see our ‘Stress and Anxiety Management’ summary at www.choosetomove.ca/for-participants

Connect with the Choose to Move community on Facebook



We share tools and tips to keep you active and connected, articles and updates about Choose to Move. ‘Like’ Choose to Move here:

<https://www.facebook.com/ChooseToMovement/>

While we all do our part to limit the spread of COVID-19, we hope these tips help keep you active and connected.