



Our Response to COVID-19

March 20, 2020

We are living in a time that prompts us all to stay positive, while adapting to rapidly changing environments. The Active Aging Society (AAS) and the Active Aging Research Team (AART) acknowledge the health threat that COVID-19 presents, and encourages everyone to follow best prevention practices outlined on the [BC.CDC.website](#). We encourage you to embrace the sage words of BC's Provincial Health Officer, Dr. Bonnie Henry "Stay calm, be kind and stay safe."

As a team committed to the physical, social and mental health of older British Columbians we know that now—more than ever—older British Columbians need our support to stay active and connected while isolated in their homes. Staying active and connected are vital to happiness and health. Beyond a myriad of health benefits, being active also contributes to increased feelings of control and decreases levels of stress.

We are partners in developing and delivering evidence-based initiatives that support older British Columbians to maintain their health through social connections and physical activity. Over 5000 seniors have participated in our signature initiative, "Choose to Move." For those currently enrolled in Choose to Move, their activity coach will be in touch about how seniors will continue to receive support remotely.

We will not leave our seniors behind. We now commit to devising strategies designed to support older adults to keep active and connected – while at home. We will provide this support through Choose to Move activities, modified for home. We will also direct seniors to materials and resources that inform, entertain, and encourage them, during this unparalleled health emergency. We will be making these resources available on our website for ALL seniors.

As Canadians, we must show the world what we are made of. For the AAS and AART this begins with our commitment to keep you healthy and connected for as long as it takes.

Stay up-to-date on our plans to support seniors. Visit www.choosetomove.ca and www.activeagingsociety.org.