

EXERCISING WHILE STAYING SAFE

STEPS TO SAFETY: HOW WE'RE KEEPING YOUR LOVED ONE SAFE AND HEALTHY AMIDST COVID-19

Maintaining general health by eating a balanced diet, getting adequate sleep, and staying active is the best thing one can do to keep the body resilient. A strong immune system can help the body protect itself from viruses, bacteria, and foreign bodies.

HOW OUR AIDES CAN HELP

Help Build Exercise Into Everyday Life

- Remind your loved one to make the bed, water the plants, walk the dog, and do other simple chores that also make for good exercise
- Do arm circles and toe taps together while watching TV
- Encourage your loved one to pick up active hobbies, such as gardening and yoga

Participate in Virtual Classes

- Do free YouTube workouts together: Taiflow Tai Chi, Yoga With Adriene, and Silver Sneakers workouts
- Sign up for virtual exercise classes on learning platforms like Udemy, Udacity, or Coursera
- Register for online workout activities through community centers

Get Outside

- Take a walk around the neighborhood or do a workout in the backyard together. Research to see if the parks or beaches nearby are crowded before making the trip
- Ensure your loved one maintains a 6-foot distance from others, especially on crowded sidewalks
- Remind your loved one to wear a moisture-wicking face covering and bring a water bottle to avoid touching the buttons on public water fountains

Track Progress

- Set up mobile phone apps or fitness trackers to help track your loved one's workout data
- Log workout metrics: how much time is spent walking and exercising, the distance or number of movements completed, and the intensity of the exercise
- Review your loved one's workout log to better understand the routine and exercise that works best

Mix up walks with other exercises



Strength exercises

help with maintaining muscle tissue, improving the body's ability to do every day tasks



Balance exercises

enhance the body's ability to control movements in space, lowering fall risk



Flexibility exercises

stretch muscles, allowing the body to achieve better range of motion and prevent injuries

