



The COVID-19 Pandemic – How to stay physically active: advice for adults and older adults

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Why is it important to keep active at this time?

Ensuring that we maintain our activity levels can help our physical health and reduce feelings of stress and anxiety that are common at this time of heightened uncertainty.

Socially distancing, self-isolation and changes to our daily routines pose challenges to us all. However, there are several things that everyone can do to ensure we protect our physical and mental health and remain physically active.

What can I do to stay active?

We already know that adults and older adults should aim to accumulate at least 150 minutes of activity per week. For example, a 30-minute walk on five days of the week or 22 minutes of activity every day.

Here we have listed some ideas on how to incorporate physical activity in the context of our present restrictions. Try to find something that works best for you:

Indoor Activities

- Sit less, move more and more often.
- Break up long periods of sitting - try standing when watching TV, when making a call or when reading a book or newspaper; walk on the spot for the duration of the ad breaks.
- Put some music on and walk briskly around the home for 10-15 minutes, 2-3 times per day, or walk up and down the stairs more often.
- Get active whilst doing housework – vacuuming, brushing/mopping the floors, cleaning windows.
- Dance to your favourite music.
- Workout with an exercise video or online group.
- Try seated exercises such as air punches or marching legs.
- Use home equipment or household items as part of your exercise routine.

Outdoor Activities (remember social distancing!) *Be sure to wash your hands before and after*

- Go for a walk or light jog.
- Go for a cycle.
- Do gardening and household DIY.

Maintaining your strength & flexibility

- Workout along with an exercise video or online group, with or without equipment.
- Perform yoga, pilates, gentle stretching or Tai Chi.
- Do exercises using your own body weight. You can do sit ups and push ups.

You can use household objects as resistance equipment

- Canned food can be used in place of dumbbell.
- Shopping bags filled with a few extra cans can increase weight progressively.
- Remember – start light and increase weights gradually in line with your current ability.

Don't sit all day

Minimise the amount of time that you are sitting or lying, and break up with light activity such as housework or gardening.

Remember:

If you haven't been physically active for a while - start slowly and at a light intensity and increase your activity levels in line with your current ability. If in doubt talk with a health professional.

If you are unwell or have COVID-19, please use your energy to get better and do not try to be active. If you develop fever, cough or shortness of breath, stop physical activity and contact your GP or health professional.

Move more

Keep active at home during the COVID-19 pandemic



WATCHING TV

Get up each time an advert comes on TV - Try taking a short walk or some simple exercises.



ON THE PHONE

Try to stand or walk around your home or garden



MUSIC

Dance to your favourite music. If you cannot stand, why not try seated dance.



SEATED EXERCISE

Try to do seated exercises such as air punches or marching legs.



WALKING

Walk around the home or garden for 10 minutes two or three times a day. Vacuuming and brushing floors will get you moving.



YOGA

Perform yoga or simple stretching to maintain flexibility. Deep breathing and mindfulness can reduce anxiety.



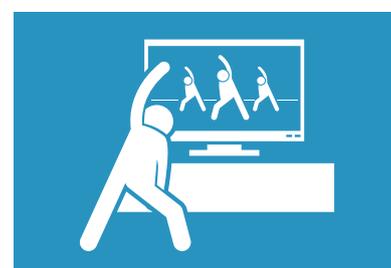
STRENGTH EXERCISE

Build in strength exercises by doing push-ups against a wall, the kitchen counter or on the floor.



GET MOVING

Use a tin of beans or a jar of carrots as weights for upper body exercises.



VIRTUAL WORKOUT

Join a virtual workout session. For older adults organisations like Age & Opportunity and Siel Bleu host virtual sessions.



Below are several online resources to help you keep active at home during the COVID-19 pandemic:

Siel bleu

<http://www.sielbleu.ie/> - Daily exercise challenges and at home exercise classes targeted at older adults: Live on Facebook daily at 11am: <https://twitter.com/SielBleuIreland>

Age and Opportunity

<https://ageandopportunity.ie/> - Regular exercise challenges and at home exercise classes targeted at older adults: https://twitter.com/Age_Opp

Joe Wicks (The Body Coach)

<https://www.thebodycoach.com/> - Daily exercise challenges and at home exercise classes: <https://twitter.com/thebodycoach/status/1243462693803212800>

The American College of Sports Medicine

<http://www.acsm.org> - <https://twitter.com/ACSMNews>: At home workouts and weekly webinars featuring 30-minute exercise sessions

World Health Organisation Guidelines: Staying physically active during self-quarantine

http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine/_recache

Make Movement Your Mission - Later Life Training

https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w/videos
Daily 10 minute movement sessions x 3 daily (8am, 12pm and 4pm) for 90 days on Facebook and Youtube