



COVID-19

TOP 10 TIPS FOR SAFELY STARTING AN EXERCISE PROGRAM DURING THE COVID-19 PANDEMIC

- 1 | DO SOMETHING TO GET YOUR HEART PUMPING FASTER EVERY DAY.**
Aiming for 30 minutes of aerobic, or heart pumping, exercise everyday is a great way to stay healthy. Try for bouts of at least 10 minutes at a time.
- 2 | WORK YOUR OTHER MUSCLES TOO.**
Strengthening exercises for your trunk, arms and legs make a big difference to your overall fitness and health, including bone health and reducing risk of falls. Use free weights, elastic bands, or household objects, like cans, or even your own body weight for resistance.
- 3 | REMEMBER TO WORK ON BALANCE.**
Find something that challenges your balance every day, by standing-up, or even standing on one leg in a safe place (hold onto a counter top or sturdy chair). No one is too young or old for this exercise.
- 4 | DOING SOME EXERCISE IS BETTER THAN NO EXERCISE.**
We know that 150 to 200 minutes per week is a good goal, but we also know that exercise sessions of least 10 minutes can be beneficial, and can be added up throughout the week.
- 5 | SET A GOAL AND TRACK YOUR PROGRESS.**
Set a realistic goal that seems reachable for you. Remember, any increase is great. It helps if you track your progress – use a paper diary, online tracking tool and/or a wearable activity device that tracks it for you. Check in on yourself and adjust your goals regularly.
- 6 | WARM UP AND COOL DOWN FOR EVERY EXERCISE SESSION.**
Make a schedule that includes regular mealtimes and daily exercise. Establish a bedtime routine which can include a meditation practice and some gentle exercise like yoga or stretching to settle the mind before going to bed.
- 7 | LISTEN TO YOUR BODY.**
You are the expert on monitoring your exercise intensity (how hard you are working). Aim to experience a feeling of “moderate to somewhat difficult” during exercise rather than “easy” or “too difficult”.
- 8 | USE THE TALK TEST.**
If you can sing while exercising, take it up a notch! If you can't talk without taking a pause to breathe, your exercise may be too difficult.
- 9 | CONNECT WITH OTHERS AND KEEP MOTIVATED.**
Use social media, Smartphone apps, online forums or make regular phone calls to keep yourself motivated and connected. Start a friendly challenge, or set a time to exercise to keep each other accountable.
- 10 | SIT LESS.**
Planned exercise sessions are important for your health in addition to moving more throughout the day. Look for ways to sit less and add more movement into your routine.