

Staying Active

Even though movement and travel are restricted during this time, regular physical movement and activity is still important for physical and mental health.



Benefits:

- Regular activity helps the body stay healthy. It can reduce blood pressure, manage weight, and reduce the risk of various diseases. It can also improve strength, balance, flexibility, and overall fitness.
- Physical activity helps improve mental health by reducing the risk of depression and cognitive decline and improving overall feelings of well-being.
- By scheduling regular activity, you can help bring routine to your day.

How Much? Move more, sit less:

- If you sit for long periods of time, take a 3-5-minute movement break.
- If you are not used to physical activity, start small and gradually increase your activity over time.
- Healthy adults should aim for at least 150 minutes of physical activity throughout the week. That could equal 30 minutes, 5 days a week.



Stay Safe:

- If you have a fever, cough or difficulty breathing, DO NOT Exercise. Call your doctor.
- When walking, running, or biking, stay at least 6 feet from others, and wash or sanitize hands before and after.
- If you do not exercise regularly, start slowly with low intensity activities. Short walks are a good way to start.
- Choose the best activity for you! Pick an activity that you enjoy and that fits your current fitness level.

Stay Active at Home:

- If you sit for long periods of time, take a 3-5-minute break every 20-30 minutes.
- Make time in your daily schedule to be physically active. Setting a routine will help you stay active every day.
- Record your activity on a weekly chart so you can see your progress.
- Look for online classes for yoga, aerobics, dancing, and other activities you can do at home.
- Set goals or commit to a plan with a family member or virtually with a friend. Encourage each other to stay active every day.



Adapted from the World Health Organization: <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>