



STAY ACTIVE, STAY SAFE

Physical activity resources and recommendations for older adults during COVID-19

Staying active is critical for healthy aging and maintaining overall well-being. Even though COVID-19 may make certain activities more difficult, exercising during this time is still important. The resources and tips below are designed to help older adults stay active, healthy, and safe.

Staying Safe

There are ways to stay active while staying safe and protecting yourself and others from contracting COVID-19. If exercising with others, make sure to:

- Wash your hands before and after participating in activities.
- Maintain physical distancing (at least 2 metres) from others.
- Make sure to have adequate ventilation if you are exercising inside.
- Stay at home if you have been feeling sick or unwell.
- Make sure to follow public health orders that are currently in effect.

For the most up-to-date information on COVID-19 and what you should do to stay safe, visit the [BC Centre for Disease Control website](#).

DID YOU KNOW?

Older adults (65+) should be getting at least 150 minutes of moderate exercise per week or 75 minutes of vigorous aerobic exercise per week along with several hours of light physical activities (i.e. standing).

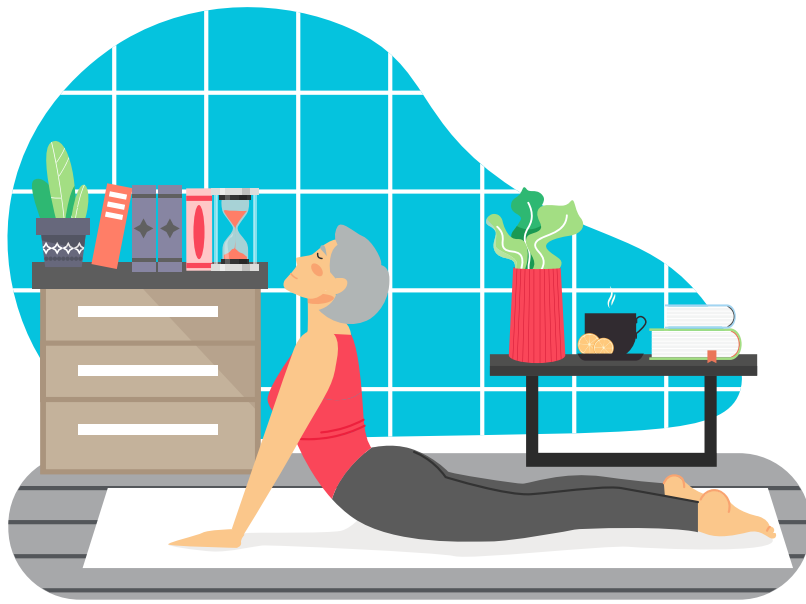
Achieving this regularly can lower the risk of mortality, cardiovascular disease, dementia, and cancer, among other diseases. [Click here for more information on Canada's exercise guidelines for older adults.](#)



DID YOU KNOW?

COVID-19 is less likely to spread outside. So when weather permits, getting exercise outdoors is an enjoyable and safe way of staying active.

BC has a number of Seniors' Community Parks that provide free outdoor exercise equipment such as steppers and press machines. Park locations and equipment demonstration videos can be viewed [here](#).



Physical Activity Programs

There are a number of free programs dedicated to helping older adults stay active:

- The UBC-designed [Choose to Move](#) program is led by trained activity coaches and offers both one-on-one and group support virtually and in-person. The site also provides a list of resources to help older adults stay active at home: [Choose to Move Get Active](#).
- This UBC-developed [Stay at Home Exercise Program](#) is a progressive exercise program with simple exercises that older adults can do at home.
- This [Home Activity Program](#) from Finding Balance BC is designed for older adults with limited mobility to improve strength and balance in order to reduce the risk of falls.

For Older Adults with Disabilities

It's still possible to exercise with physical or cognitive disabilities. Here are some resources to help stay active:

- For those with significant visual impairment, [Eyes-Free Fitness](#) offers free exercise audio-only programs.
- [Arthritis.ca](#) provides video resources that demonstrate exercises older adults with osteoarthritis can do to manage symptoms and protect joints.
- For more personalized physical activity programs, HealthLink BC's [Physical Activity Services](#) (phone: 8-1-1 or 7-1-1 for those who are deaf or hard of hearing) provides information and guidance from qualified exercise professionals to BC residents of all ages, including those with disabilities and chronic medical conditions.

Important!

While regular exercise can decrease the risk of falls occurring if performed safely, there are hazards in the home that can create an unsafe environment for older adults at risk of falls. These include inadequate lighting, clutter, and lack of handrail support. [Finding Balance BC](#) provides home safety tips to help reduce this risk in older adults' homes.

DID YOU KNOW?

Not all physical activity resources have to be online.

For seniors with limited or no internet connection, the Government of BC has a Move for Life DVD featuring seniors of all ages and abilities demonstrating physical activities. The DVD can be ordered for free by phone (toll-free) at 8-1-1. It can also be borrowed from a local public library. See the [Move for Life](#) website for more information.



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