

# STAYING ACTIVE DURING THE PANDEMIC



## Maintaining Health while social distancing

### Staying Active for Adults

- Staying physically active contributes to a stronger, healthier body and immune system.
- [Physical activity guidelines for adults](#) recommends doing **150** minutes of moderate to vigorous physical activity a week.
- Accumulate your activity in bouts of 10 minutes or more.

### Activity for Children/Youth

- For children aged 5-17, read [Canada's 24-hour movement Guidelines for Children & Youth](#) for recommendations on physical activity, sedentary time and sleep.
- Schedule family physical activity sessions. Take children outside each day for fresh air and activity; a walk, scavenger hunt, kicking and throwing balls, skipping, etc.

### Indoor & Outdoor Activity

- Enjoy a walk, hike or bike ride with friends/ family while maintaining physical distances.
- As spring arrives, outdoor chores and gardening are great activities for the entire family.
- If indoors for long periods of time, try physical games like dance parties, musical chairs and interactive video games.
- Break up long periods of sitting or reclining with activity (e.g., stretch, climb stairs, chores)

### Get Enough Sleep

- Establish a bedtime routine & stick to it, even if the normal daily events have changed.
- Stay away from caffeinated drinks & large meals in the evenings.
- Engage in relaxing activities 1-hr before bedtime.

## How to Prioritize Physical Activity

- Plan for physical activity every day.
- Include family members or friends on walks, hikes or bike rides, where social distances can be maintained.
- Use technology such as fitness trackers and apps to support your physical activity goals.
  - ❖ Try the [Free App from ParticipACTION](#).



## Stay in Touch

- Use technology to stay socially connected, even when you cannot be physically connected.
- Try free programs like Zoom and House Party which provides group video calling.
- Create challenges among friends and family members to see who can be most active, reach weekly goals, accumulated most steps, etc.
- Try making some window visits to friends and family, especially to those in health facilities, seniors and those with limited mobility.

## Suggestions for Adults: Resources:

- Walking outside
- Biking
- Hiking
- Running
- Gardening
- Online videos
- Stretching
- Yoga
- Dancing
- At-home workout

- [Walking Resources from RecNL](#)
- [Walk at Home by Leslie Sansone](#)
- [YThrive Home](#): YMCA Workouts Anytime, Anywhere!
- [Class Pass](#): Free home fitness classes.
- [Tone It Up](#): Youtube channel with a variety of videos ranging from pre-natal to high intensity (HIIT) workouts.
- [FRAME](#): The party-style exercise class usually done at a FRAME studio in the UK, free on Instagram!

## Suggestions for Children and Youth: Resources:

- Walking, biking, hiking with family
- Interactive video games
- Online workout videos
- Scavenger hunts
- Stretching
- Indoor/ outdoor chores
- Dancing
- Obstacle courses

- [YThrive Home](#): YMCA Workouts Anytime, Anywhere!
- [Go Noodle](#): Free movement and mindfulness videos for children
- [Active for Life](#): Physical activity lesson plans, activities and resources for keeping active and well.
- [ParticipACTION](#): Resources for staying fit and having fun for all ages.

STAY ACTIVE !

STAY HEALTHY !

STAY CONNECTED !

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