Tips for Staying Active During COVID-19

This is a rather stressful time for all of us. Self-care has always been important for our well-being; under the current circumstances self-care is perhaps even more important than ever. Here are some tips on how to stay active during this time of stress:

1. It is still safe to go outside for a walk, or a run, or to ride your bicycle… just maintain 2m distance from anyone you come across. As soon as you are done, head home and wash those hands! Some time in the sun, and some fresh air, combined with movement, can go a long way to improving your mood!
2. If for whatever reason you can't get outside, you can walk up and down the hall, or go up and down the stairs.
3. We need at a minimum 150 minutes of exercise per week. You can break it up into chunks… for example do three ten-minute walks over the course of the day, and you get a total of 30 minutes for that day. Do this for five days and guess what, you have hit the 150 minute mark!
4. If you have access to the internet, there are a lot of great exercise videos on YouTube, for yoga, Zumba, Pilates… you can also download apps that will guide you through a workout at home.
5. Don't have any exercise equipment at home? Think again! The best piece of equipment is your own body. Do some squats, some push-ups, some planks… again, you can go up and down the stairs (which, by the way, is one of the best lower-body exercises). You can use cans of soup or pasta sauce as hand weights. You can fill a (strong) bag with some cans or books.
6. Dance! Put on your favorite music and dance around the house! This is a good way to get the kids moving, too.
7. Do you have mobility challenges? Here is a link for exercises for people with differing levels of mobility: https://www.uhn.ca/TorontoRehab/Clinics/TIME/Documents/TIME-Exercise-Wellness-Videos-for-People-with-Mobility-Challenges.pdf
8. Find ways to get the whole family involved! Play basketball or soccer in your yard, dance… the possibilities are almost endless!