

Physical activity during COVID-19 for patients with chronic conditions

Despite the change that the COVID-19 pandemic has brought to regular routines - including physical distancing and self-isolation - physical activity remains critical to managing chronic health conditions. Physical activity helps maintain:

- Fitness
- Mental health -- lowering anxiety and stress and boosting mood
- Sleep
- Immune system
- Overall health

Aim to maintain physical activity

There are ways to be active, even when at home:

- Turn on music and walk or dance around your home
- Go for a walk outside (maintain physical distancing recommendations)
- Ride a stationary bike or other home exercise equipment
- Walk up and down your stairs
- Go for a bike ride
- Engage in gardening, yard work or home projects within your physical abilities
- Try a virtual exercise video such as yoga or aerobics
- Use a fitness app
- Practice meditation or breathing exercises

Whatever activity you choose, make sure it is within your fitness level

Avoid prolonged periods of sitting

Try to create natural ways to incorporate activity or change in positions throughout the day

- Get up on commercial breaks
- Stand to answer the phone
- Walk around while talking on the phone
- Add stretch breaks throughout your day

Online Resources

- Sit and be fit: <https://www.sitandbenefit.org/>
- 15 Ways to Stay Active At Home - <https://www.participaction.com/en-ca/blog/15-ways-for-you--your-family-to-stay-active-at-home>
- YMCA 360 health and fitness videos: <https://ymca360.org/on-demand#/>