



HEALTHY BODIES ARE BETTER EQUIPPED TO BATTLE DISEASE

STAY ACTIVE!

The health benefits of physical activity are undeniable; it strengthens the immune system and improves balance, flexibility, endurance, and physical strength. It is never too late to get moving, you just need to make the time. Gradually build up to at least 30 minutes of activity on most or all days of the week (or whatever your doctor recommends).

With COVID-19, staying active must include some extra safety precautions. Here are some guidelines and resources to help keep you moving safely.



FITNESS SAFETY GUIDELINES



Contact your doctor(s) before starting any new exercise routine. This includes eye care professionals since some activities can aggravate eye conditions.



Avoid the heat by exercising at home when temperatures are too high outside.



Drink water and do not wait until you feel thirsty. Dehydration can be serious for older adults. Most adults need about 64 ounces of fluid daily.



Enjoy the outdoors but avoid crowds and **maintain physical distancing** of a minimum of 6 feet between people.



Wash hands often or use hand sanitizer with at least 60% alcohol.



Clean and disinfect personal exercise equipment and frequently touched surfaces. Avoid public exercise equipment in parks.



Wear a face covering in public when social distance is not possible, but use caution when exercising. If lightheadedness, dizziness, or shortness of breath occurs with face covering use, discontinue activity.



Watch for COVID-19 symptoms and seek medical attention if you have:

- Fever
- Cough
- Shortness of breath



Act immediately if you experience emergency warning signs:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

ONLINE RESOURCES:

Exercise Tips and Videos for Older Adults:

- www.agesafeamerica.com/go4life
- www.nia.nih.gov/health/exercise-physical-activity