



5 TIPS FOR OLDER ADULTS ON STAYING ACTIVE DURING COVID AND BEYOND!

Physical activity is an important piece of healthy aging. Older adults can prevent and manage chronic conditions by regularly participating in physical activity. Unfortunately, COVID has impacted all of us with changes to our routine and ability to stay active.

Being physically active, has a number of important health benefits including but not limited to:

- Decreased risk of all-cause mortality
- Decreased risk of disease
- Improved quality of life
- Improved cardiovascular health
- Improved quality of sleep
- Improved mental health
- Increased physical function
- Decreased risk of falls
- Maintain mobility and independence

Incorporate Activity into Your Daily Routine

Routines are important and having a consistent schedule will help you start incorporating activity into your day.

Take Advantage of Free Resources

There are plenty of free resources online, in the community. Look into your local senior center, YMCA or gyms in your area.

Accountability Partner or Group

Having an accountability partner and group, even if done virtually can help increase your compliance and consistency with being physically active.

Benefits Your Employer or Insurance Company Offer

Your insurance may also have benefits to help with physical activity or rewards for keeping up with your health and wellness.

Enjoy the Benefits of Nature

Being outdoors decreases your risk of exposure to COVID. Nature can also contribute to by reducing blood pressure, heart rate, and production of stress hormones.