

# Taking Care During Difficult Times



## Staying Active During the Pandemic

There are many ways to be active and maintain social distance.

### The Importance of Staying Active

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

### Make Physical Activity a Priority

- Plan a 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](#).

### Keep Children & Youth Active

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

### Outside and Inside Activity is Encouraged

- You can enjoy a walk, hike or bike ride with people in your household while keeping social distance from other walkers.
- As spring arrives, outdoor chores and gardening are great activities for the entire family.
- If indoors for long periods of time, try playing indoor physical games like dance parties, musical chairs, & interactive video games.
- Interrupt 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.

### Stay in Touch with Family/Friends

- Use technology to stay socially connected even when you cannot be physically connected.
- Create challenges among friends and family members to see who was most active, accumulated most steps, etc.

# Supporting Your Well-being



Staying physically active during the pandemic can help everyone cope.

## Ideas and Suggestions For Adults

- Walking outside
- Biking
- Hiking
- Gardening
- Home Gym
- Video/on-line workouts
- Dance at home
- Household chores

Links to help:

[Walking Resources from RecNL](#)

[Walk at Home by Leslie Sansone](#)

[YThrive Home: YMCA Workouts Anytime, Anywhere!](#)

## Ideas and Suggestions for children and youth

- Walking, biking and hiking with family
- Interactive video games
- YThrive Grow Workouts for children & youth
- Obstacle courses
- Scavenger hunts
- Indoor and outdoor chores
- Playing with toys and games

Links to help:

[YThrive Home: YMCA Workouts Anytime, Anywhere!](#)

<https://www.gonoodle.com/>

<https://activeforlife.com/>

<https://www.participation.com/en-ca>

For more information on Coronavirus (COVID-19), visit  
<https://www.gov.nl.ca/covid-19/>