

Tips to keep moving and staying active at home

This past year presented new challenges for us all and the one thing we all faced at some point were long periods of boredom and uncertainty of “what’s next”. While we braced ourselves for the uncertainty and change that we were constantly facing, one thing was evident, many of us became very inactive.

Working from home, schools were closed, fitness centers were closed, and we all had to take on new roles within our own lives. Sadly, especially with our seniors, we saw a great deal of inactivity take place.

Prioritize YOU. According to the Centers for Disease Control and Prevention (CDC), you should get in a minimum of 150 minutes of physical activity each week. Although this may seem like a lot, it is actually around 30 minutes per day in a 5 day period.

It’s important to stay active both mentally and physically, especially when a large part of your day is spent sitting at a desk, kitchen table, recliner and couch.

Here are a few tips that we can all apply to keep moving and staying active at home

1. Stand up.
2. Set goals! Even if the smallest task seems to be challenging, set little goals that will allow you to be in motion.
3. Prioritize fitness and health. As part of setting your goals, prioritize your health and wellbeing near the top of that list. This is not only important for us, but also our loved ones.
4. Go for walks, runs and bike rides.
5. Become involved with online and video fitness courses. This could involve plyometric activities for people of any age, chair drumming, yoga, or just simple stretching.
6. Chores, have a daily list of what it is you expect to have accomplished each day around your home. Simple duties around the house present an excellent opportunity to stay active and keep moving.
7. Join your kids and grandchildren in doing something active outside. This could be playing catch, going for a walk, walking the dog or even joining in their remote physical education class.
8. Read or listen to audio books and music. An active mind is every bit as important as an active body.

Just by taking a moment for yourself and focusing on a specific task or activity will allow you to not only stay active, however influence those around you to do the same.

Stay safe and stay upbeat!

