OLDER ADULTS AND COVID-19

FOLLOW THESE TIPS FOR AN ACTIVE LIFESTYLE AND TO STRENGTHEN YOUR IMMUNE SYSTEM

GET OR STAY ACTIVE AND STRONG

• Some activity is better than none at all! Start with light activity and work your way up.

• Try not to sit for long periods. Stand up and move around throughout the day. Doing chores count.

• Set up a daily routine that allows at least 30 minutes for physical activities. This can include walking, cycling, playing sports, or other physical activities.

• Your healthcare provider can help you create or recommend a varied exercise routine to help you build your strength, endurance and flexibility.

• Check out online workouts or connect virtually to work out with friends and family.

• Use your own body weight and objects around you to work out.

EAT WELL, HEALTHY AND TASTY

• Pay attention to what and how much you eat.

• Eat foods rich in vitamins, like fruits and vegetables.

• Limit foods that are high in salt, fats and sugars.

• Limit juice, sodas and caffeinated drinks and drink water instead.

• Ask your healthcare provider how much water you should drink per day.

• If you have trouble getting or preparing food, ask about social programs in your community that can help you.

• Weigh yourself periodically and report large variations to your doctor.