

Physical Activity



The Government of Canada advises that regular physical activity has been found to give us energy, decrease stress, make us stronger, and prolongs independence as we age. Staying physically active has become even more important.

Tips for Staying Active

Aerobic Activities

- Establish reasonable goals for daily activity!
- Walk around your house, go up and down your stairs.
- Dance to your favourite music.
- Do gardening or lawn work.



- March on the spot.
- Walk, jog, or bicycle around your neighbourhood - maintain physical distancing and avoid crowded spaces.
- Try an online cardio class!

Muscle Strengthening Activities

- Perform arm-curls with either dumbbells or household items, such as soup cans, laundry detergent, water bottles etc.
- Try yoga, which can also help to reduce anxiety.



- Use stairs to do step-ups or lunges, or a chair to do arm dips .
- Perform body weight exercises, like push ups, sit-ups.
- Try an online class!

Always follow your Provincial Health guidelines and consult your doctor before starting an exercise routine.

