



Physical Activity Tips & Resources: **Stay Active During the COVID-19 Pandemic**



1. Regular exercise improves your overall health and fitness.

Physical activity boosts your body's ability to fight off illnesses and reduces your risk of chronic diseases. Regular exercise can improve your immune health, decreasing the severity and length of many respiratory infections. Staying active can also improve your mental health by reducing feelings of anxiety, managing stress, and improving mild to moderate depression.

2. Important reminders to exercise safely.

- Participating in physical activity that requires moderate effort is safe for most people but consult with your physician before starting or intensifying your exercise program.
- Practice social distancing when exercising in public. COVID-19 is spread mainly from person-to-person so avoid contact sports and maintain at least 6 feet (more than two arm's length for most people) of physical separation.
- Wear a mask at all times when exercising indoors in public, for example at a gym or fitness class. While exercising outdoors, wear a mask if you can't stay 6 feet away from others.
- Avoid high risk or "extreme" sports and recreation. What could be an otherwise routine emergency, or urgent care visit, puts avoidable stress on our medical system.
- If you are sick, call your healthcare provider and avoid exercising until you're feeling better.

3. Spend time in nature.

Stepping outside for exercise or fresh air can help you feel good. Go for a nature walk or hike to stay active and unwind while maintaining physical distance from others.

Get Outside, Be Active! - <https://www.youtube.com/watch?v=KBdnfTHLJdU>

4. Keep keiki moving.

It isn't news to parents; kids need to stay active. Create a physical activity routine that is consistent and fun.

- Use fitness trackers to monitor daily step goals and offer incentives for reaching them.
- Go for family bicycle rides on safe neighborhood streets and paths or set up a bike rodeo course in an unused parking lot or driveway.
- Get creative with sidewalk chalk and play hopscotch.
- Plant a family garden and you'll get to eat the fruits of your labor.
- Turn up the tunes and have a living room dance party.

5. Keep kupuna active.

It's important for older adults to remain active to maintain mental and physical health. Choose activities you enjoy and that match your abilities. Participate in a variety of activities to:

- Improve your heart and lung health by walking or climbing stairs.
- Strengthen your muscles by lifting weights, working with resistance bands, or doing some heavy gardening.
- Improve your balance by doing yoga or tai chi.

6. Workouts

Lunge - https://www.youtube.com/watch?v=Cm3m_1JzyNw

Stand with hands on hips and feet hip-width apart. Step your right leg forward and slowly lower your body until left (back) knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat on the other side. For a variation, try stepping backward into the lunge.

Modification: Do a static lunge instead. Start standing with your feet staggered, one in front of the other. Bend at your knees and hips to lower your body down into a lunge. Pause, then raise back up. Keep your right shin vertical to the ground so that your knee doesn't push over the right foot. Repeat 10 times then switch legs.

High Knees - <https://www.youtube.com/watch?v=44mIFd16rEc>

Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace for 30-60 seconds.

Modification: March in place for 30-60 seconds, slowly lifting one knee to your chest and switching for the other knee.

Superman - <https://www.youtube.com/watch?v=1hmksDLRgil>

Want some superpowers? Lie facedown with arms and legs extended. Keeping the torso as still as possible, simultaneously raise your arms and legs to form a small curve in your body. Cape optional.

Modification: Raise only left arm and right leg, hold for 3 seconds, then repeat with opposite sides.

Plank - <https://youtu.be/iWlpM8OQxhc>

Lie facedown with forearms on the floor and hands clasped. Extend legs behind you and rise up on toes. Keeping back straight, tighten core and hold the position for 30 to 60 seconds (or as long as you can).

Modification: Keep knees on the ground. Engage core and keep your back flat.

Plank to push-up - https://youtu.be/wHC_KoaCu6U

Start in a plank position. Place one hand at a time on the floor to lift up into a push-up position, with your back straight and core engaged. Move one arm at a time back into the plank position (forearms on the floor). Repeat, alternating the arm that makes the first move.

Modification: Push-ups with knees on the ground or standing push-ups against a wall.

Burpee - <https://www.youtube.com/watch?v=sJY2WGHXs5w>

Start in a low squat position with your hands on the floor. Next, kick your feet back to a push-up position. Complete one push-up, then immediately return your feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

Modification: Instead of kicking your feet back, step your feet back one at a time. Then step your feet forward one at a time and return to standing position (do not leap up).

Stretches

- **Neck stretch** - <https://www.youtube.com/watch?v=OffwUMArjUc>
- **Overhead stretch** - <https://www.youtube.com/watch?v=ktmkZfzCW2Q>
- **Shoulder roll** - https://www.youtube.com/watch?v=ZRxe_kZGD2Y
- **Forearm stretch** - <https://www.youtube.com/watch?v=opMBLbNWha8>
- **Figure four** - <https://www.youtube.com/watch?v=1CYZfYntIQE>

7. Resources

Strength with Body Weight:

There are many workouts and programs that use body weight rather than weights or bands. Yoga is perhaps the best known and most popular. AARP's website contains a series of videos that include routines for all levels of strength and coordination

[AARP Chair Yoga](#)

[Animal Flow](#)

[Greatist 50 Exercises for a Bodyweight Workout You Can Do Anywhere](#)

High Intensity Interval Training (HIIT):

HIIT is effective cardio in less time. Sets of high intensity bursts with short rests between. These resources will help you plan a HIIT program.

[Tabata Timer](#)

[Sweatdeck \(playing card randomized workout\)](#)

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