



Our Vision: Milwaukee County will be a national leader in the prevention of falls in the adult population through community education, collaboration, and innovation



Milwaukee County Falls Prevention Coalition Resource Series

Staying Active During the COVID-19 Crisis

Background

- Physical activity is an important part of healthy aging and has many health benefits.
- Physical activity helps with muscle strength, balance, and endurance which are all important in preventing falls.
- Stay-at-home/shelter in place orders have decreased access to locations for regular physical activities.

Practical Tips

- Some activity is better than no activity – make it your mission to move more!
- Decrease time spent sitting as much as possible.
- When watching TV, get up during commercial breaks to walk or raise up and down on your toes.
- Stand while doing regular household chores like laundry or dishes.
- If you typically exercise or get physical activity with others, use the phone or technology such as Zoom or Facetime to connect and do the activity together.
- Walk outside or use pictures of outdoor scenery while exercising inside.
- When exercising be aware of your environment-stand near a sturdy surface in an area free of clutter.
- Listen to your body – if an exercise causes pain, stop doing it.
- Use the “talk test” – exercise at a level where you are still able to talk but could not sing.

Electronic Resources

[Staying Active During the Coronavirus Pandemic](#) – Resources and practical tips to increase activity.

[Go4Life Workout Videos](#) - Practical exercises for various ability levels designed for older adults.

[Sit Less. Move More](#) – Ways to incorporate physical activity throughout the day.

[Seated Exercises](#)– Video exercises for flexibility and strength from Dartmouth – Hitchcock.

[Standing Exercises](#) – Video exercises for strength and balance from Dartmouth – Hitchcock.

[7 minute yoga](#) – Silver Sneakers video designed for older adults focus on relaxation and flexibility.

[Super Six](#) – 6 simple exercises for strength and balance.

[Gentle Tai Chi](#) – Video of postures to improve breathing, flexibility, and strength. Modified poses offered.

[Clock Yourself](#) – App designed to use mental and physical exercise to improve balance.