STAYING ACTIVE KEEPS YOU HEALTHY

Physical activity supports your immune system by increasing the circulation and production of your body's defenses, decreasing the stress hormone cortisol which is known for weakening your immune system and assisting in moving microbes out of your airways.

MENTAL HEALTH & STRESS

Low intensity physical activities and meditation also help lower stress hormones and increase happy hormones. Some examples are gardening, slower forms of yoga, and tai-chi. Lowering stress can make it easier to stay positive, grateful, and healthy during this time.

STAYING ACTIVE WHILE SOCIAL DISTANCING

Tips for Seniors

DO NOT OVER EXERCISE. THIS CAN WEaken YOUR IMMUNE SYSTEM.

HOW TO EXERCISE SAFELY

1. Contact your doctor before starting any new exercise routines
2. You are able to speak easily during exercise
3. STOP if you feel dizzy, weak, or have difficulty breathing
4. Even if you do not feel thirsty, drink water before, during, and after exercising.

Flexibility

Stretching throughout the day, especially before and after exercise can help you move with less joint and muscle stiffness.

Avoid sitting for long periods of time and move every 30 minutes or every hour.

For Gardening Questions, call the Garden Hotline
206-633-0224

Made by Georgina Sanchez, MS, RD
GO OUTSIDE

Spending time outdoors around your neighborhood to breathe fresh air and absorb Vitamin D by exposing your skin to 15-30 minutes of sun daily. Please limit time outside and do not linger near large groups.

Please take extra precautions during this time:

- Keep a 6 foot distance from others
- Wash hands with soap and water for 20 seconds before and after being outdoors
- Do not touch face until you wash hands
- Do not go outside if you are feeling sick
- Sanitize door knobs, sink faucets, hand rails, and commonly touched surfaces

Balance

Improving your balance helps you move through the day safely. It can help prevent falls and injury.

Endurance

Endurance activities increase your breathing and heart rate. This keeps your heart and lungs strong and keeps blood flowing to all your important organs.

Strength

Strength building exercises help preserve muscle, keep bones strong and prevent age related weakness. Examples: movements that involve carrying, pulling, pushing weight / resistance.