



Encouraging Older Adults to Be Physically Active While Sheltering in Place

Check out these excellent evidence-based resources to help you motivate older adults to engage in physical activity during the coronavirus pandemic and directives for social distancing and sheltering in place.

Go4Life Exercise Videos on YouTube from the National Institute on Aging range from 10, 15, 20 and 60 minutes in length. Each workout includes a warm-up, all four types of exercises (endurance, muscle strengthening, flexibility, and balance), and a cool-down performed at a moderate tempo in a standing position next to a sturdy chair. Safety reminders and periodic intensity checks help the exerciser determine if they are working at the right intensity for their level of physical fitness. The 10- and 15-minute videos are appropriate for people with low endurance and the 20- and 60-minute videos are ideal for people with moderate levels of physical fitness. In addition, check out videos focusing on one type of exercise such as 6 upper body strength exercises, 3 balance exercises, and back stretches.

Tai Chi for Rehabilitation Videos on YouTube are endorsed by the National Council on Aging and the Center for Disease Prevention and Control. In response to COVID-19 this series of six videos designed to improve balance and immunity and relieve stress is now free. The series includes a short introductory video (approx. 2 min) and five complete Tai Chi workouts ranging from 30 to 50 minutes long that are appropriate for people of all levels of physical fitness. The Tai Chi mind-body workouts are performed in standing at a slow tempo with the muscles relaxed and the joints bent. The participant is encouraged to focus on diaphragmatic breathing and moving in a relaxed manner. This gentle form of exercise may help to reduce anxiety that older adults may be experiencing due to uncertainty surrounding COVID 19.

Silver Sneakers™ On-Demand for members and **Silver Sneakers™ Videos** on YouTube free for all to try include all four types of exercise. Encourage older adults who have Silver Sneakers with their Medicare Plan to log-in and access over 200 On-Demand classes on exercise and nutrition. Silver Sneakers also has a collection of workout videos posted by various instructors on YouTube that are free for all to use. The intensity of these videos varies; many are appropriate for older adults with moderate to high levels of fitness. The **10-Minute Sit and Get Fit Workout** is a good resource for people with limited ability to do exercise in standing. The **7-Minute Yoga Workout** includes slow fluid movements performed in standing with a wide-base of support.

Sit and Be Fit™ on Public Television, endorsed by the National Council on Aging, is a 30-minute program for older adult needing low to moderate intensity physical activity in sitting or standing. On the website click on *Where we Air* and enter the local zip code to find the public television station and channel. A Streaming Club is also available for accessing episodes anytime on a computer or tablet.

COVID 19 Resources for Geriatric PTs, compiled by APTA Geriatrics includes a list of available resources and social media links to support physiotherapists and older adults during this time.

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