



## **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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