

Physical Activity

Benefits of Regular Physical Activity



Regular physical activity is important for overall health and well-being. It can help maintain balance and mobility, enhance mood, improve sleep, and support independence. COVID-19 pandemic room restrictions and physical distancing requirements have proved to be challenging for residents in LTC. The following tips can help to overcome barriers and engage residents in adapted physical and functional activities, while also adhering to infection prevention and control practices.



Supporting Physical Activity Engagement



- Encourage residents to spend time out of bed and to engage in functional tasks (e.g. getting fully dressed for the day, including shoes).
- Integrate opportunities for physical activity during care activities (e.g. active or passive range of motion during bathing).
- Arrange daily opportunities for residents to leave their rooms for safe and supported indoor/outdoor activity (e.g. walking to an outdoor visit with family).
- Ensure physical distancing and reduced group size is maintained in outbreak situations.
- Have enough equipment to minimize sharing during a program and select equipment that can easily be disinfected between each use.
- Provide clear and continuous instructions and visual cues/modelling of physical movements.

Creative Physical Activities



- In-room and door-based stretching and exercises chair dance and yoga
- Tiered exercise programs balloon tennis
- Hallway bowling
- Incorporate music and discussion into physical activities

