

# KEEP IT moving!

## How to stay active during COVID-19

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may actually prime our immune system to lessen the risk of infection. For people living with diabetes, try to avoid problems with blood glucose levels by checking your levels before, during and after exercise, avoid injecting insulin into exercising limbs and prevent foot ulcers by wearing supportive exercise shoes.

# Start

### Warm up / Cool down

Start and finish your workout with a 5 minute gentle warm up/cool down



# 10min

### Cardio

10 minutes of cardio at an intensity that makes you huff and puff but you can still hold a conversation (brisk walk around the house, skipping, marching on the spot)

### FOR EACH OF THE 7 EXERCISES

## 10-12

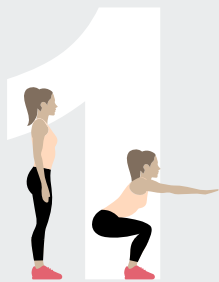
START WITH 10-12 REPETITIONS AND PROGRESS UP TO 15 AS THE EXERCISE BECOMES EASIER

## Tempo

PERFORM EXERCISES AT A CONTROLLED RATE

## Repeat

REPEAT THE CYCLE OF 7 EXERCISES 3 TIMES



### Squats

(sit to stand with a chair, progress to full squat)



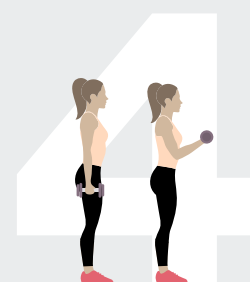
### Push ups

(against wall, progress to on your knees, full push up)

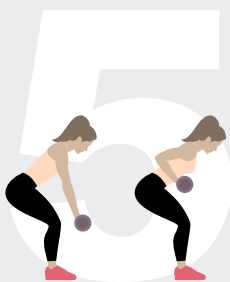


### Step ups

on a step (alternate which leg leads)



### Bicep curl



### Bent over row



### Squat overhead press



### Side plank

(hold for 10 seconds progress to 30)



Stay hydrated



Wear appropriate footwear



Use a theraband, light dumbbells or bottles of water/cans of soup



Try to exercise at the same time of day, so that it becomes routine

For more information contact [exercisephysiology@baker.edu.au](mailto:exercisephysiology@baker.edu.au) or visit [baker.edu.au](http://baker.edu.au)

If you are just starting out with exercise, you should progressively increase your weekly activity with a goal of at least 150 minutes of moderate or 75 minutes of vigorous intensity aerobic exercise each week and two to three resistance exercise sessions each week.

If feeling unwell (lightheaded, intense chest pain) stop exercising. If you continue to feel unwell, seek medical advice or contact your GP.

The above exercises are generic and not individualised. Please seek the assistance of an accredited exercise physiologist (AEP) to individually tailor a exercise program to your current fitness levels and needs. To find an AEP in your local area, please go to [essa.org.au/findanaep](http://essa.org.au/findanaep)