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. If you have balance issue, have a chair close by in the event that you lose balance during or following an exercise.

For more information contact exercisephysiology@baker.edu.au or visit 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

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