

COVID-19

#COVID19

OLDER ADULTS AND COVID-19

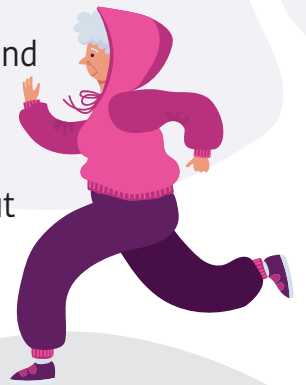
FOLLOW THESE TIPS FOR AN ACTIVE LIFESTYLE AND TO STRENGTHEN YOUR IMMUNE SYSTEM



GET OR STAY ACTIVE AND STRONG



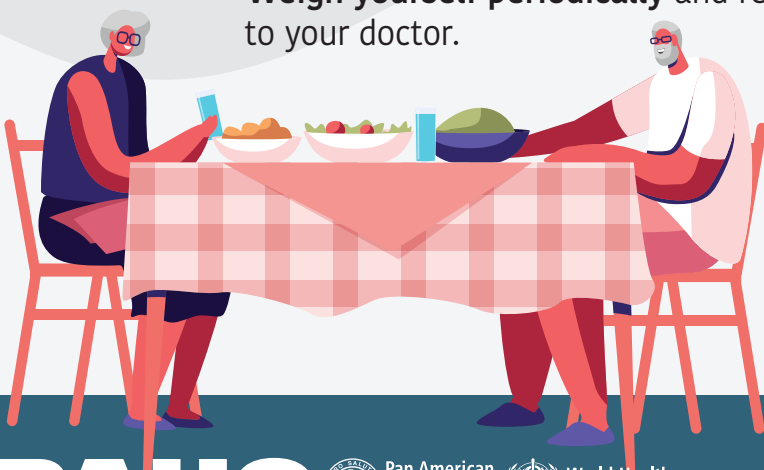
- **Some activity is better than none at all!** Start with light activity and work your way up.
- Try not to sit for long periods. **Stand up and move around** throughout the day. Doing chores count.
- Set up a daily routine that allows **at least 30 minutes for physical activities**. This can include walking, cycling, playing sports, or other physical activities.
- **Your healthcare provider can help you** create or recommend a varied exercise routine to help you build your strength, endurance and flexibility.
- **Check out online workouts** or connect virtually to work out with friends and family.
- **Use your own body weight** and objects around you to work out.



EAT WELL, HEALTHY AND TASTY



- Pay attention to what and how much you eat.
- Eat foods rich in vitamins, like fruits and vegetables.
- Limit foods that are high in salt, fats and sugars.
- Limit juice, sodas and caffeinated drinks and **drink water instead**.
- Ask your healthcare provider how much water you should drink per day.
- If you have trouble getting or preparing food, **ask about social programs in your community** that can help you.
- **Weigh yourself periodically** and report large variations to your doctor.



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BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus