

Moving in-the-midst of COVID-19



Physical Activity to Combat Frailty

Muscle strengthening activities combat frailty.

Strength training is one of the best ways to fight the weakness and frailty that can come with age, according to research at Tufts University.

https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf



At-Home Activities

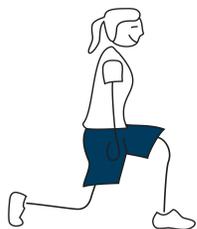
Take a break from your daily routine to fit in some physical activity!

- Do some **body weight squats**
- Try **marching** and **stomping** to your favorite beat to build or maintain bone mineral density
- Do **lunges**, either forwards, backwards, or side to side
- Try a **Better Bones and Balance®** class



Physical Activity Resources

- "Growing Stronger: Strength Training for Older Adults" ([pdf](#))
- Better Bones and Balance® class ([website](#))



Physical Activity Readiness Questionnaire

1. Has your doctor ever said that you have a heart condition OR high blood pressure?
2. Do you feel pain in your chest when you do physical activity OR during daily activities of living?
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with a chronic medical condition?
5. Are you currently taking medications for a chronic medical condition?
6. Do you have a bone or joint problem that can worsen from a change in your physical activity?
7. Do you know of any other reason you shouldn't do physical activity?

If you answered **YES** to any of the questions, consult with a physician to get cleared for physical activity.

If you answered **NO** to all of the questions, you are cleared to gradually begin physical activity!

Adults should perform muscle strengthening activities at least **2 days/week**, while **children and adolescents** should do muscle strengthening activities at least **3 days/week!**

