

# PRACTICAL ADVICE ON MAINTAINING HEALTH DURING THE COVID-19 PANDEMIC

## ENERGY EXPENDITURE



### Get active while watching TV

Stretch and lift your legs, move your hands, clap your hands, use cans or bottles as dumbbells. Dance during each commercial!



### Take short active breaks throughout the day

Perform several series of diverse exercises that suit your physical ability. Try some of the exercise videos and classes available free online. Be aware of your own physical activity limitations and modify as necessary in order to exercise safely.



### Reduce sedentary time

Using screens more while at home? Stand up while online whenever possible. Aim to have a break from sitting or reclining every 30 minutes. Stand or walk around your home while on the phone. Walk around indoors, dance to the radio or walk on the spot to keep active.



### For those with higher fitness levels...

Try interval training like 4 minute Tabata workouts

<https://youtu.be/vaN6MYu9A6I> and other intense short-duration routines which keep you burning more calories for the rest of the day.



### Turn household chores into a workout

Use your earphones and favourite dance music to clean energetically. Use the stairs more and lift smaller loads more frequently.

