#1 **Get Active Daily**

Challenge your balance and get your heart rate up for at least 30 minutes daily. Try breaking it up into 10 minute intervals! Here are some ways to get active:

- Visit avoidfrailty.ca to watch exercise related videos from Hal & Joanne of *BodyBreak*!
- Dance in your living room to your favourite music or work on gardening!
- Stand and stretch - arms in the air, now hold the counter and up on your toes. Repeat 5 times!

#2 **Get Your Flu Shot**

COVID-19 has highlighted the importance of vaccines to keep us healthy. *As we age, our immune systems become weaker and it is important to protect ourselves from vaccine-preventable diseases, like the flu.* A yearly flu shot greatly reduces your risk of flu complications that can lead to hospitalization, frailty or death.

#3 **Build Strength!**

Keep your muscles & bones strong with **strength training exercises twice a week** – try exercises like:

- Use household items like soup cans to strengthen your arms, and progressively increase the weight!
- Do squats - you can do this by sitting down in a chair, and stand back up repeatedly.

#4 **Take Care of Your Mental Health**

This can be challenging while physically distancing, but we can work together to stay socially engaged! Reach out to family and friends by calling or video-chatting, get to know your neighbours, and if you are feeling lonely, isolated, or depressed, reach out to your health care provider or local services and ask for help.

#5 **Keep Moving!**

Try not to sit down for too long at a time. All movement is good for you. Set a reminder to get up and walk around your home or around the block. Get your body moving every hour!

#6 **Get Enough Protein**

As we age, our bodies need more nutrients like protein, calcium, and vitamin D. Protein keeps our bones and muscles strong. **Experts recommend 1 to 1.5 grams of protein per kilogram of body weight**, so try to add a source of protein to every meal!

#7 **Wash Your Hands, Wear a Mask and Practice Physical Distancing!**

Make sure to follow public health guidelines and remember we're all in this together!