

# 7 TIPS TO STAY HEALTHY THIS FALL

## #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](http://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!**



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