

# Staying Active And Healthy At Home

**D**uring the COVID-19 pandemic, all of us are being asked to stay at home and limit our exposure to other people.

This can be very challenging for all age groups but there are specific concerns that the senior population will experience. Seniors are especially susceptible to COVID-19 and therefore are more likely to stay at home and get essentials delivered to their home by friends or family. This is the best strategy for seniors in dealing the COVID-19 pandemic but can cause some challenges to the senior's overall health and wellness.

Staying at home limits the ability to interact with friends and family and can lead to inactivity as well as some levels of anxiety and depression. Research has shown that even mild levels of anxiety and depression can actually make certain health problems worse. These conditions include arthritis, diabetes and inflammatory conditions.

In order for seniors to get through this pandemic, I am encouraging all seniors to engage in some form of exercise while at home. There are many benefits to doing even mild exercise, which includes reduction of pain associated with arthritis, improvements of the immune system and a sense of well being to ward off anxiety and depression.



As always, consult your physician to make sure you can engage in an exercise routine. The following is a list of easy to perform exercises that can be done in your home or outside:

1. **Walking:** When the weather allows, you can go outside and take a brisk walk for 15-20 minutes. This helps with cardiovascular conditioning as well as helps with relaxation.

2. **Sit to Stand Exercises:** Sit in a solid chair and stand up from a seated position without using your arms for support. This can be repeated 10-15 times, resting for a minute and performing 2-3 times. This is beneficial for lower body strength.

3. **Wall Squat:** Stand against a wall and take a large step out with both feet. Then squat down 8-10 inches, pause and return to starting position. This is another great exercise for lower body strength and cardiovascular function.

4. **Side lunges:** Stand with feet shoulder width apart and take a step laterally, then bringing your other foot toward the side. This can be done back and forth 10-15 times for lower body strength.

5. **Wall Push ups:** Stand about 2 feet from a wall, lean toward the wall and place your hands shoulder width apart at shoulder level. Slowly bend your elbows, doing a pushup against the wall. Repeat 10-15 times, rest and repeat again. This is great for upper body strength.

6. **Bicep curls:** While standing, hold onto a large can of soup or light weight in each hand and curl the can up toward your shoulder, bending your elbows. This can be done on both sides at the same time. Repeat 10-15 times, rest and repeat.

7. **Shoulder Press:** Hold a large can of soup or light weight in each hand and raise them to shoulder level. Then press your hands toward the ceiling, to fully extend the elbow. Repeat 10-15 times, rest and repeat.

These few exercises are great to keep seniors active and healthy while staying at home due to COVID-19. They can be done daily or every other day. Always perform

these exercises in a pain free manner and consult your physician with any questions.

Stay healthy and stay active during this period of staying at home. We will return to normal and be able to get out and be active soon enough.

*Dr. Sean Wahl owns and operates Barnesville Chiropractic and Fitness Center. He has dedicated his life to helping people live well for life and achieve optimal health and wellness through natural healthcare. It is his goal to educate people on how they can achieve their health goals. If you are ready to change your life and improve your health, give Dr. Wahl a call at Barnesville Chiropractic and Fitness Center to begin your journey.*



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your dignity."**

- Arlene, CNA

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