

**I didn't fall. The
floor just
needed a hug.**

authorian12.tumblr

But we can learn how to improve and strengthen our balance to help prevent a fall or lessen the impact. Please check out the below links to connect you with these tips and techniques.

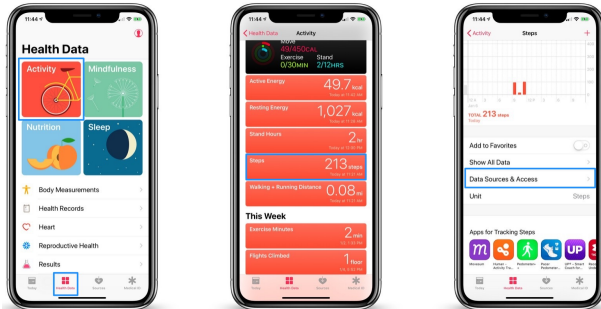
- [Keep Your Balance](#)
- [4 Ways to Avoid Falls](#)

There is strong evidence that physical activity in later life reduces the risk of disease, helps to manage existing conditions, and develops and maintains physical and mental function. Staying physically active is particularly important for older adults.

Even before the pandemic challenged the entire world, many of us are already living a sedentary life. With the threat of an infectious disease, it is vital to stay physically active in order to boost one's immune system to be able to combat illnesses. It sure can help ease our anxiety with all that's been happening around us. Not to mention with the cold months ahead, we should take the time to commit ourselves to exercising. Even a short 10-minute walk or as we adapt to the new normal of the current times, 30-minute virtual exercise class can make a huge difference. And as we all know, our bodies will thank us for it! We no longer have the privilege of going to the gyms or the community centres to keep us up and going because of COVID-19. We understand that it can be quite a challenge to stay fit when we are all asked to stay at home.

Here are some resources we put together in the hopes that they can motivate you to keep on exercising!

Wanna know how many steps you take in a day?



Utilize the smartphones you have by tracking how much you move in a day. If you are an Apple user, you can use the system's built-in Health app to monitor your physical activities. Be sure to keep your phone with you while you're moving because even a trip to the washroom or to the kitchen can and will add up!

iPhone's Health app covers a lot of health data. Not only does it record the steps you take but it can also measure your sleep, nutrition and even mindfulness.

If you haven't yet, check this YouTube video to know more about this application.

[Health App](#)

An equivalent of the Health app for Android users is Google fit. It is similar to that of Apple's with a few differences in the features.



Here is a YouTube 'how to' for this application.

[Using Google Fit](#)

The Victorian Order of Nurses (VON) is also adapting to the virtual reality that we are all facing. They are offering a variety of exercises that can be accessed through YouTube. [Exercise Classes](#)

Some of their classes are even on television! It's on Wightman Channel 6 on Tuesdays, Thursdays and Saturdays. Low-intensity exercises at 7:00AM, moderate at 8:00 and high at 9:00

