

Keeping Your Life Uninterrupted During COVID-19

Since finding out on March 12th, 2020 that all schools in Ontario were going to be closing from March 16th- April 5th, to help mitigate the spread of COVID-19, Canadians knew that their daily routines were going to be impacted mentally, financially and physically. After the announcement was given to the public about schools closing everything else slowly began to close like Physiotherapy Clinics and Gyms. This had left the public scratching their heads and asking: “What do we do now to maintain our health and fitness”?

We at LifeSpring Physiotherapy are here to help you answer that question. Our job is to help our clients stay active and maintain the gains they have made at LifeSpring Physiotherapy to date. Although, we cannot give specific instructions to you, we would like to give you **ten** tips on how to stay strong during this time. Please note these are general tips and may not apply to your specific situation regarding what your Physiotherapist has advised you. However, we do hope that some of them will be helpful. So, please see below some things you can start thinking about! And, have fun.

1. Putting on some music and dancing with the people in your home to get an aerobic workout.
2. Playing games with your family like “Simon Says” crawl, jump, dance on the spot, do jumping jacks, do pushups etc..
3. Stretching throughout the day for either a few minutes or twenty minutes at a time can be good for your body and mind.
4. Getting up out of your chair every half-hour and engaging in a few squats, lunges, jumping jacks.
5. Taking your pets out in the yard and playing fetch with them as long as we are allowed to.
6. Face Timing a friend and having a workout session where you can engage in physical activity together.
7. Engaging in heel raises when you are doing the dishes, folding clothes, brushing your teeth.
8. Doing squats with a partner while passing a roll of toilet paper back and forth.
9. Using cans or bottled water to help with resistance training like bicep curls.
10. Doing side lunges while putting clothing into the dryer.

COVID-19 has impacted us globally in more ways than one and it is up to us to get creative with ways on how to keep our minds and bodies active during social isolation. The above tips are meant to inspire you to stay active. Remember social isolation does not mean being inactive. It is important to keep up your strength while you are in a different routine.

Please feel free to email LifeSpring Physiotherapy with any questions you may have regarding maintaining your fitness at info@lifespringclinics.com.

We want to help you “Keep Your Life Uninterrupted During COVID-19”.

Take care and be well everyone!

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