

Physical Activity During COVID-19

Physical activity is an important way to stay physically healthy. Staying active can also help to improve mental health and reduce anxiety or stress during the current COVID-19 pandemic. You can meet [physical activity recommendations](#) outdoors or at home without special equipment or a large space.

Getting outside for fresh air is also important for your mental well-being. You are still encouraged to go outside as long as you are not required to [self-isolate](#) and you can maintain [physical distancing](#) precautions (e.g. keeping at least a 2 meter distance from other people).

Participating in physical activity is safe for most people. If you have any concerns about your health, check with your health care provider or a qualified exercise professional before becoming more active.

See below for ideas on staying active during the COVID-19 pandemic. These resources are intended for educational and/or informational purposes only. The information within these resources is not meant to replace the advice from your health care provider or individual counselling with a qualified exercise professional.

If you have questions and or would like to speak to a qualified exercise professional, call **8-1-1**.

Adults

Learn about ways to exercise during the pandemic and watch exercise videos that you can do at home:

- [American College of Sports Medicine Exercise is Medicine: Staying Active During COVID-19](#)
- [Fitness DVDs and Videos](#)
- [ParticipACTION workout videos](#)
- [World Health Organization: Be Active During COVID-19 Q&A](#)
- [World Health Organization: #HealthyAtHome: Physical Activity](#)
- [YMCA Canada: YThrive Home](#)

Parents and Kids

Find ways to keep kids active at home:

- [Ace Fitness: What are some creative ways to keep my kids active indoors?](#)
- [Active for Life Resources for Parents and Kids](#)
- [International Play Association Canada: Statement: Play in the time of COVID-19](#)
- [Outdoor Play Canada: Should I go outside in the COVID-19 era?](#)
- [ParticipACTION workout videos](#)

Older Adults

Find ways to stay active at home and watch exercise videos created for older adults:

- [Government of BC: Move for Life!](#)
- [McMaster University: Ways to stay active at home](#)
- [University of British Columbia: Group-based Physical Activity for Older Adults](#)
- [University of British Columbia: Choose to Move](#)

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