



Safe exercise at home

EXERCISE INFORMATION FOR OLDER PEOPLE

COVID-19 isolation policies suggest that older people limit contact with others. This may mean that you cannot do your usual physical or social activities. You may also not be getting 'out and about' as much as usual.

Australian guidelines recommend all older people should be active every day, doing a range of physical activities that promote fitness, strength, balance and flexibility. Similar recommendations are also useful for people of any age with health conditions or mobility problems.

If you were physically active before the restrictions of COVID-19, try to replicate the amount and types of these activities in ways consistent with the limitations in place.

If you were not physically active before the COVID-19 outbreak, it is a good time to start an exercise program. If you need advice before starting a program, particularly if you have existing health, mobility or balance problems, a physiotherapist can assist. Some physiotherapists offer telehealth appointments.

We provide some information on ways to stay active during COVID-19 at three levels of function and fitness on the Safe exercise at home website. If you are not sure which level best suits you, start at the easiest level ([Level 1](#)) and work your way up. There is also information about [how hard you should work when exercising](#) and [tips to keep you motivated](#). Remember if you need assistance, a physiotherapist can help you decide how to start [exercising safely](#).

These exercises will also be useful for people of any age with health problems including COVID-19.

The information on the "Safe exercise at home" website is not intended to replace individual health professional care. If you have any concerns or questions about what you can safely do, you should seek professional advice from your doctor, physiotherapist, or other health professional with expertise in exercise prescription.