



CORONAVIRUS (COVID-19)

UPDATES & GUIDANCE

Tips for Moving More at Home & Other Health Tips From the Bowie Senior Center

Below are some helpful tips and suggestions on how you can safely manage this health crisis.

- At least every hour, get up and walk around the house. Try to be aware and not sit in one place for too long. Set a timer on your phone, or get up and move after a TV show is done.
- Chair Exercises - repeat 2-3x day all while seated.
 - Raise both arms overhead 10x
 - Lift one knee up 10-20x per leg then switch
 - Raise both arms to the side, level with shoulder 10x
 - Turn head to left and hold for 10 secs, then turn to right, look up to ceiling, look down to ground
 - Raise toes up while keeping heel on floor 10x
 - Raise heels up keeping toes on floor 10x
 - Taking your torso arms turn your body to the right hold for a few secs, slowly turn to the left 5x
 - Hold arms out, squeeze fingers together making a fist, relax and stretch out fingers 5x
 - Kick one leg out straight, point toes forward with ankle, bring toes toward you with the ankle 10x per leg
 - Sit up tall, take deep breath in through nose counting to 4, slowly exhale counting to 7, repeat 5x
- Be sure to drink plenty of water.
- Social distance but don't isolate yourself. Call up friends. Reach out via social media.
- Practice deep breathing. Close your eyes, breathe in through nose for a count of 4, then out the mouth for a count of 7.
- Go on a news diet. View it in the morning and evening for 30-minute bouts just to be informed.

If you feel the need for more help or information on what you can do to stay healthy during this time, please feel free to call the **Bowie Senior Center's Wellness Coordinator Mark Shields at 301-809-2376.**