

Physiotherapy moves

GOOD NEIGHBOURS.

Here are a few suggestions on how to stay active at home during a quarantine/social-distancing.

CPA Recommendations for Staying Active.

Facts

Regular physical activity is beneficial in:

- reducing risk of respiratory illness and,
- reducing stress.

What to do at home?

Stair climbing is an excellent aerobic activity, the faster the better!

Body weight exercises such as squats, push-ups and planks.

Look for free yoga, Pilates and exercise classes on YouTube/online.



Canadian
Physiotherapy
Association

