

Exercise Safely at Home*

While physical distancing, Elderplan wants to help you:

✓
Lower your chance of tripping or falling

✓
Boost your immune system

✓
Help improve your quality of life



1
Check with your regular health care provider before starting a new exercise routine



2
Sit less and **move at least 20 mins per day** (these activities count):
a. March or dance in place
b. Sit in your chair and punch the air
c. Take out your garbage
d. Walk to pick up the mail
e. Wash dishes or load the dishwasher

3 Listen to your body— gauge your level of intensity based on how you feel (if you can't talk while punching the air, then slow down)



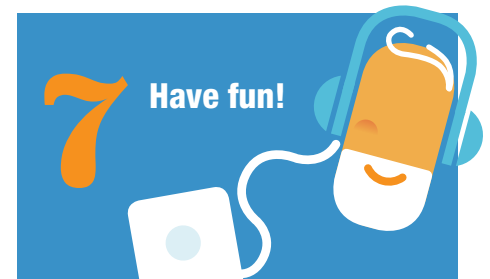
4
Have a chair nearby, in case you get tired or lose your balance while exercising



5
Wear the right footwear (flip flops and slippers increase your risk of falling)



6
Hydrate with water before, during and after exercise



7 Have fun!
elderplan
homefirst®
a member of MJHS Health System

*Tips Courtesy of MJHS Home Care Physical Therapy Team

www.elderplan.org

Elderplan is an HMO plan with a Medicare and Medicaid contracts. Enrollment in Elderplan depends on contract renewal. Elderplan/HomeFirst complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Elderplan/HomeFirst cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-353-3765 (TTY: 711). Elderplan/HomeFirst 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-353-3765 (TTY : 711) 。

H3347_EP16852_C