



'Top Tips on Movement' during Covid-19



By the HSE Primary Care Physiotherapist Vanda Cummins

1. Try and stay as active as possible and keep our joints and muscles in good shape.
2. 'Motion is Lotion' If your joints feel stiff and sore they will benefit from regular gentle movement.
3. Stretch and stand up at least once an hour. Sitting for long periods is not helpful for our mental or physical health.
5. Regular movement boosts our circulation and stops our bodies from feeling sluggish. Even a light marching with our legs and, or an arm swing for a few minutes can be helpful.
6. Build simple strength work into your daily routine.
7. Build balance activities into your daily routine.
8. Safety is important. There is a risk of injury if you move too fast, don't have adequate supports or try keep up with people who are much fitter or stronger.
9. Research findings: A person on bed rest for 1 week can lose up to 1% bone density loss and 20% strength. The good news is that research has also shown that strength can be regained with regular strength activities, progressed over time.
10. Please keep moving, whether it's little or bigger movements, all of them will help your mind and body.

