

BUZZ, BODY & BITES

Virginia Cooperative Extension
Family & Consumer Sciences
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Buzz

STAYING ACTIVE DURING COVID-19

Choosing to be physically active every day is one of the most important things we can do to be healthy. Being physically active benefits both the body and the mind. It increases the body's ability to fight infection and chronic disease, and improves mental well-being. For this reason, it is always important to have a daily routine of physical activity, but particularly now during the COVID-19 outbreak.

Physical activity effects the body

One of the ways that physical activity improves health is by the effects it has on the body. When you are physically active, like walking or doing chair exercises,



A newsletter for actively aging adults

the body's immune system improves and inflammation in the body decreases. These effects help the body fight infection and prevent or control heart disease, diabetes, and some cancers.

Physical activity effects the mind

A second way that physical activity improves health is through its effect on the mind. Being physically active, for example gardening or riding a stationary bike, helps people cope with stress and reduces anxiety and depression. When we have stress, a hormone called cortisol increases in the body. When too high, cortisol can make the immune system less effective. Physical activity and managing stress are the best ways to ensure cortisol is in balance. The stress due to COVID-19 makes physical activity really important now.

Actions to take

So what should you do? First, be sure that there is no reason that you should not begin or increase your physical activity. Talk to your doctor, or complete the simple online survey at eparmedx.com, if you are in doubt.

Then, make a plan to do some physical activity every day. Any enjoyable moderate activity, indoors or outdoors, is great for mind and body. Choose the activity that you have access to and like. Taking a walk outdoors is something most people can do and still stay physically distanced. Making a routine of simple exercises you can do indoors is another great idea. There are online exercise programs for all ages that are motivating (see the Resources Section). The important thing is to be active every day, especially now.

Bites

Autumn Salad



Ingredients:

- 1 unpeeled medium apple sliced
- 2 tablespoons lemon or orange juice
- 1 bag (about 5 cups) mixed lettuce greens or your favorite lettuce
- ½ cup dried cranberries
- ¼ cup chopped nuts (walnuts, pecans, almonds)
- ¼ cup unsalted sunflower seeds
- 1/3 cup raspberry vinaigrette dressing

Directions:

1. Wash the apple and salad greens with cold water.
2. Core and slice the apples. Sprinkle with lemon juice to prevent browning.
3. Mix lettuce, cranberries, apples, nuts, and seeds in a large bowl.
4. Immediately before serving, toss the salad with the raspberry vinaigrette dressing to lightly coat.

This recipe was taken from Heart Healthy Cooking African American Style, National Heart, Lung, and Blood Institute, 2008.

Body



Standing Leg Curl

Works the hamstring muscles

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only your knee, and keep your hips still. Keep the leg you are standing on slightly bent. Don't arch your back.
3. Hold position for one second.
4. Breathe in as you slowly lower your foot to the floor.
5. Complete one set of 10-15 repetitions for each leg.
6. Rest for 15 seconds, and repeat.

MIND Games

Unscramble each of the words and put them in order to see the message.

t l	_____
s i	_____
h h a e l t	_____
a h t t	_____
s i	_____
e r a l	_____
e t w l a h	_____
d a n	_____
o t n	_____
e i e p s c	_____
f o	_____
g o d l	_____
n a d	_____
i e l v s r	_____

Sentence: _____

Answer: "It is health that is real wealth, and not pieces of gold and silver." Mahatma Gandhi!

RESOURCES

SilverSneakers Fitness Classes

<https://tools.silversneakers.com/Learn/Live>

AARP Get Moving

<https://www.aarp.org/health/healthy-living/info-2019/get-moving.html>

National Institute on Aging

<https://www.nia.nih.gov/health/exercise-physical-activity>

YMCA Health & Fitness Videos

<https://ymca360.org/on-demand/category/1>

Lifelong Improvements through Fitness Together (LIFT) - Contact your local Extension office for program availability.

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