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# “Motion is Lotion”

How to Move Better, Feel Better and  
Be Better during the Pandemic

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Dr. Selina Hirji  
(RN, MscN, DC, PT, Rehab Specialist)

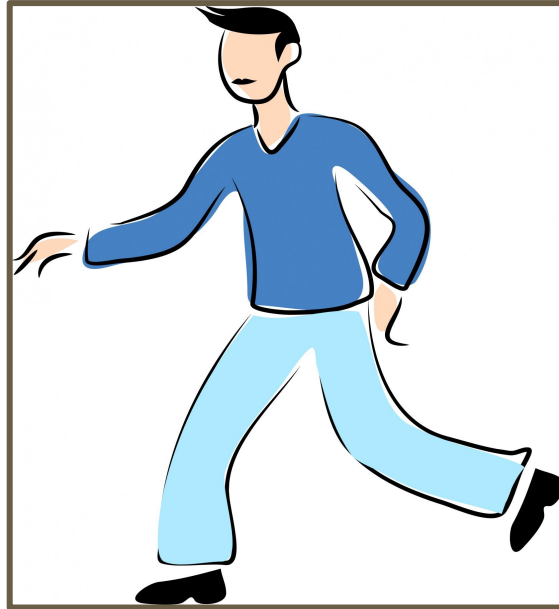
What is  
physical activity?



any bodily movement produced by  
skeletal **muscles** that require energy expenditure

# Two components of Physical activity:

1. **Aerobic fitness**
2. **Strength and balance**



# Examples of Physical Activity

- **Active recreation**
- **Sports participation**
- **Cycling**
- **Walking**

- **Play**
- **Dance**
- **Gardening**
- **House cleaning**

# How has the Pandemic affected our physical activity?

**Routines disrupted**

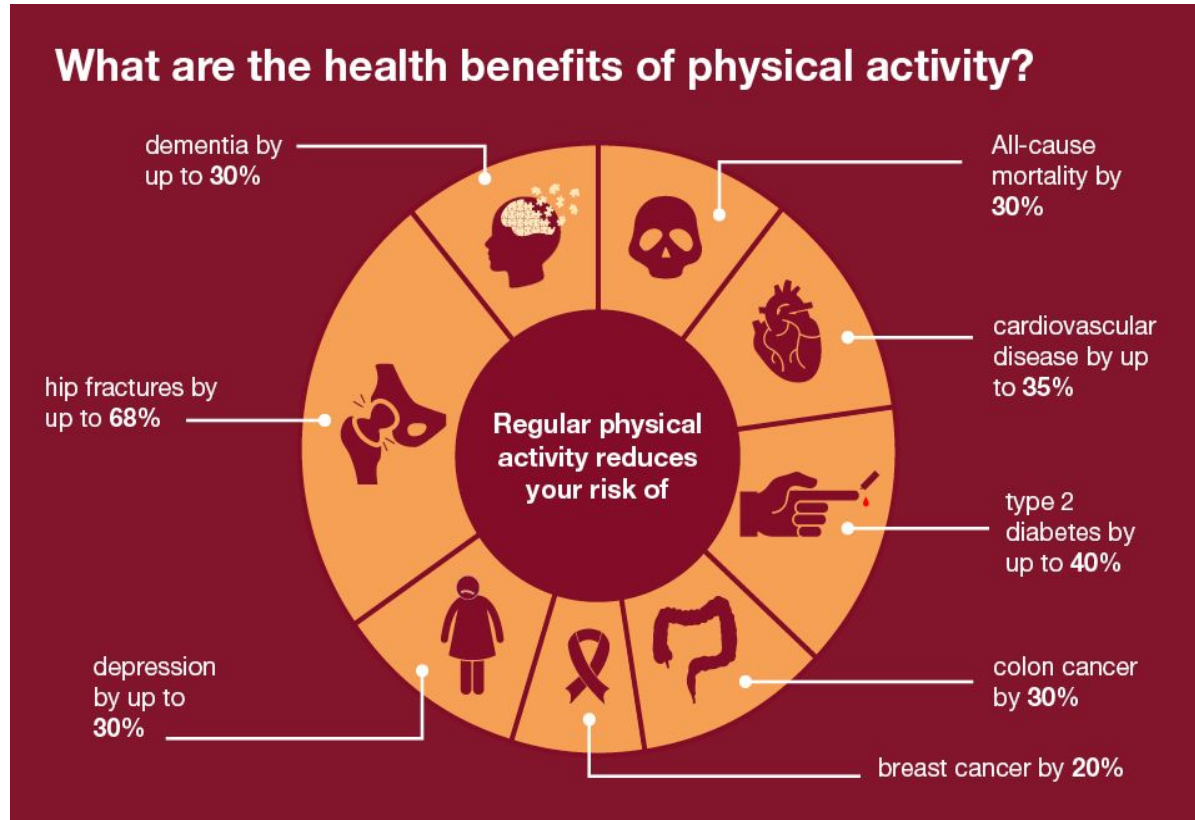
**Less Volunteerism**

**Less Contact with Families**

**Lack of Motivation/Boredom**

**Decrease in INCIDENTAL PHYSICAL ACTIVITY**

# Why is it important to stay active?



# Physical activity benefits for adults and older adults



BENEFITS HEALTH



IMPROVES SLEEP



MAINTAINS HEALTHY WEIGHT



MANAGES STRESS



IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes

**-40%**

Cardiovascular Disease

**-35%**

Falls, Depression and Dementia

**-30%**

Joint and Back Pain

**-25%**

Cancers (Colon and Breast)

**-20%**

# Two components of Physical activity:

1. **Aerobic fitness:** this usually includes moderate to vigorous activity that makes you feel a bit warm and causes an increase in your breathing rate, breathing depth and your heart rate.





# What is moderate aerobic activity?

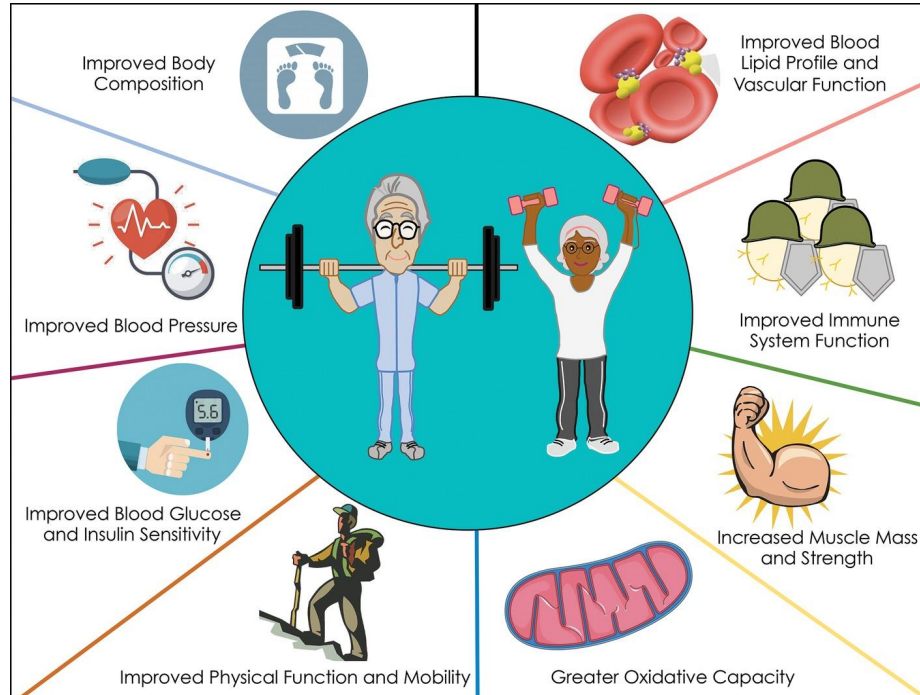
- 1. On a scale of 0 to 10, where sitting is 0 and the greatest effort possible is 10, moderate-intensity activity is a 5 or 6 and produces noticeable increases in breathing rate and heart rate.**
- 2. 3 days a week**
- 3. 150 - 300 min of moderate intensity aerobic physical activity**

# Two components of Physical activity:

2. **Strength and balance:**  
This is often the forgotten component of physical activity but it is an essential part and has many benefits.



# Why is it so important to maintain strength and balance?



**STRENGTH**

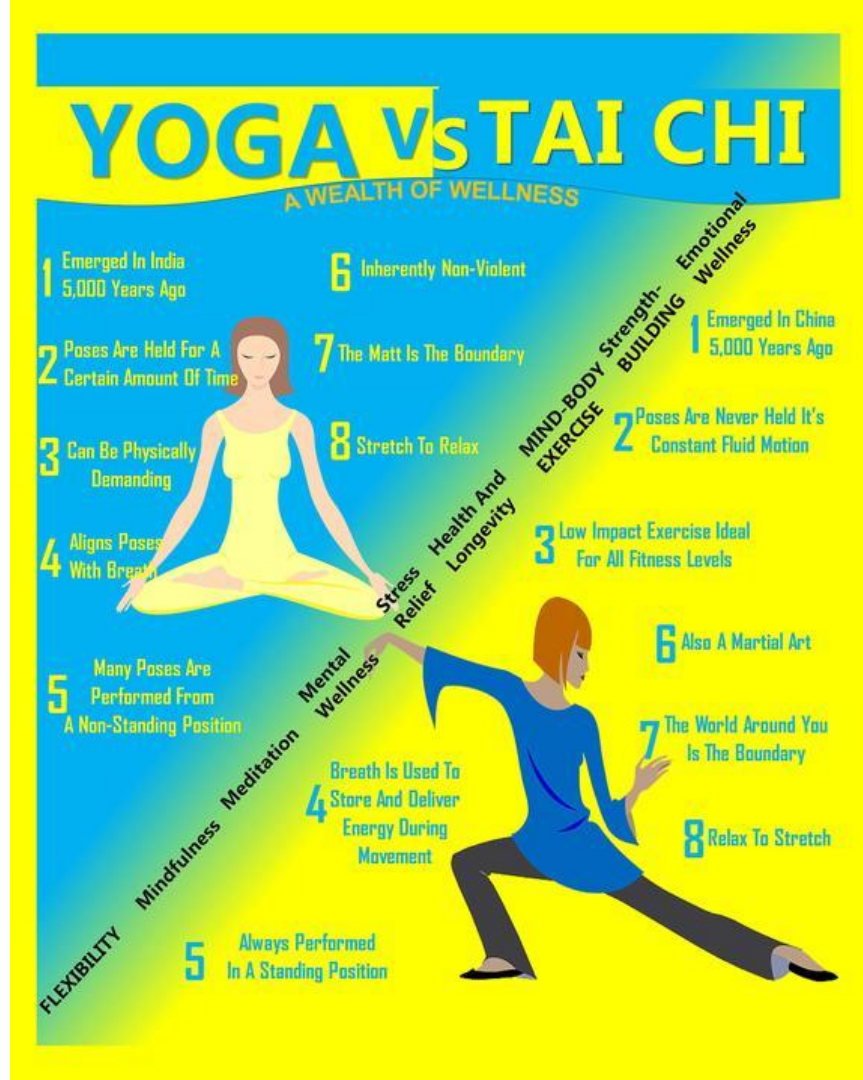


# Balance



# Multicomponent Exercising

Aerobic Training  
&  
Muscle Strengthening  
&  
Balance Training



# Starmat Exercise





# **Starmat Exercise VIDEOS**

**1. Half Clock Lunges**

**2. Single Arm Clock Reaches**



# Guidelines for Physical activity for older adults:

1. **150 - 300 min of moderate intensity aerobic physical activity (brisk walking) 75-150 minutes vigorous activity(running)/ week**
2. **Muscle strengthening of large muscle groups on at least 2 days per week at home gym or public green space**
3. **Multicomponent activity on 3 or more days a week eg. dancing, standing on one foot while doing bicep curl (balance and strength)**
4. **Limit sedentary time and replace with movement of any intensity**

# How do I stay on track?

- **Start small – do something every day – even 5 minutes walking/video**
- **Schedule it – exercise at the same time/day, make it part of routine**
- **Find exercise you enjoy (yoga, pilates, walking, strength training)**
- **Connect with Nature: go outside or virtually outside**
- **Accountability- commit to it with a friend, check it off on a calendar**

# In summary....

## Older Adults

- ✓ 150 minutes of aerobic activity per week
- ✓ 2 days/week muscle strengthening
- ✓ 3 days/week multicomponent activity
- ✓ avoid long periods without movement

**If physical activity could be put in a capsule,  
it would undoubtedly be the most prescribed drug....**

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