



Enjoy LIFE

October 2020

FITNESS CLASS CALENDAR

In response to the 2019 Novel Coronavirus (COVID-19).

All FREE Fitness Classes will be suspended until further notice.

We will continually monitor the news and updates from Guam Department of Public Health & Social Services, World Health Organization, the CDC and other agencies regarding the COVID-19.

We urge our community to take all necessary precautions to protect each other and treat all with compassion and kindness.

Visit our website www.staywellguam.com for more updates and information.

For more information contact the Health Management department at 477-5091 ext. 1185 or email at enjoylife@staywellguam.com
staywellguam.com



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Being Physically Active While Socially Distancing

Being physically active can be challenging while staying home. It is possible, and important, to stay physically active *while* socially distancing.

Being physically active can:

- Reduce your blood pressure
- Reduce stress and anxiety
- Help you sleep better
- Improve your mood
- Increase your energy level

Who needs to be physically active?

- Children 3 - 5 years old need be physically active throughout the day
- Children & adolescents, 6 - 17 years old need **60 minutes** of moderate-to- vigorous intensity physical activity daily.
- **Adults** need **150 minutes** of moderate intensity activity a week
- Everyone regardless of age, *some* physical activity is better than none.

Ideas for staying active close to home:

- Engage in active family play time. Any game that gets everyone up and moving!
- Catch up on household chores like cleaning out the closet or kitchen cabinets, even vaccuming counts!
- Get outside. Mow the lawn, start a family garden or go for a walk or take a bike ride. Remember to maintain a safe distance between you and other active neighbors.
- Make watching television more active by doing jumping jacks, push-ups, sit-ups or squats during commercials.

Tips for Social Distancing While Being Active:

- When going out it is important to stay 6 feet apart from you and other people at all times and *wear your mask*.
- Know before you go: Before going out, know and follow the guidance from local public health and government authorities.
- Stay Distanced While Being Active: Consider going for a walk, bike ride or wheelchair roll in your neighborhood or in another safe location where you can maintain at least **6 feet of distance** between yourself and other pedestrians and cyclists. If you decide to visit a nearby park, running trail, or recreational facility, first check for closures and restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least 6 feet of space between yourself and other people not in your household.

<https://www.cdc.gov/physicalactivity/how-to-be-physically-active-while-social-distancing.html>
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

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