

7 TIPS TO STAY HEALTHY THIS HOLIDAY SEASON

#1 Take Care of Your Mental Health

This can be challenging while physically distancing, but we can work together to stay socially engaged! Reach out to family and friends or get to know your neighbours, and **if you are feeling lonely, isolated, or depressed, reach out to your health care provider or local services and ask for help.** See the Government of Canada's website here for ways to take care of your mental health.

#2 Get Active Daily

Get your heart rate up for at least 30 minutes daily. Try breaking it up into 10 minute intervals! It can be challenging to get outside in the cold weather, so here are some ways to get active indoors:

- Visit avoidfrailty.ca to watch exercise related videos from Hal & Joanne of *BodyBreak!*
- Dance in your living room to your favourite music or work on gardening!
- Stand and stretch - arms in the air, now hold the counter and up on your toes. Repeat 5 times!

#3 Call or Video Chat with Friends & Family

This holiday season will look different due to COVID-19, without large social gatherings. **Make sure to stay connected to your friends & family this holiday season** - have a group video call or phone call to check in and celebrate the holidays together!

#4 Get Your Flu Shot

COVID-19 has highlighted the importance of vaccines to keep us healthy. **As we age, our immune systems become weaker and it is important to protect ourselves from vaccine-preventable diseases, like the flu.** A yearly flu shot greatly reduces your risk of flu complications that can lead to hospitalization, frailty or death.

#5 Get Creative

While you may not be able to gather with loved ones this holiday season, try getting creative with ways to stay connected. **Make a favourite recipe, play a trivia game, or decorate for the holidays together over a phone or video call!**

#6 Find Time to Relax

The holidays can be stressful, so **try to find time to relax and treat yourself.** Watch your favourite holiday movie, read a new book, or make your favourite meal or snack. It's important to find time to unwind and enjoy the holiday season!

#7 Wash Your Hands, Wear a Mask and Practice Physical Distancing!

Make sure to follow public health guidelines and remember **we're all in this together!**



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