

Useful Websites

Link #1:

[The PAAS website](#)

Link #2:

[Covid-19 health-tips for older adults](#)

Link #3:

[Iowa-specific updates about Covid-19](#)

Link #4:

[Exercise and physical activity in older age](#)

Link #5:

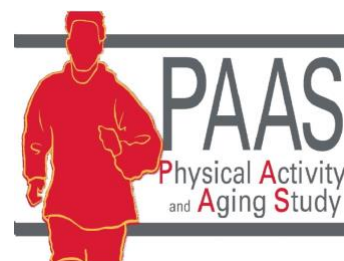
[WHO "Healthy at Home"](#)

Link #6:

[Exercise is Medicine Blog](#)

Newsletter

Fall 2020



Dear PAAS participant,

The semester has not been the same without you! The current Covid-19 pandemic still prevents us from re-starting PAAS, but we are ever hopeful for an eventual return to normality. Right now, the University's 'Phased Approach to Research' still prohibits the ["recruitment of individuals who are considered at-risk for serious COVID-19-related illness"](#) (click the quote to read more). As you're aware, PAAS recruits only older adults aged 65 years and above, whom the [CDC considers to be at increased risk](#) of severe Covid-19 illness.

Though we remain physically separated for now, we'd like to stress that your PAAS team can be contacted year-round. In fact, we'd love to hear how the Covid-19 pandemic has affected **your** physical activity behavior. Use [this survey link to tell us your story](#), and we'll showcase these anonymous results in a special "Thanksgiving Edition" of the PAAS newsletter series. Feel free to also e-mail the PAAS team with any pictures of you and your loved ones engaging in healthy activities during the pandemic.

The PAAS team encourages you to follow local and national guidelines regarding Covid-19 prevention, and we have provided two links on the left hand side that will direct you to online resources related to the topic (links 2 and 3). We'd also like to highlight the importance of being active during this time, and recommend regularly breaking-up your sitting time with other forms of movement such as standing or simply walking around the house. The World Health Organization (WHO) has developed a "Healthy at Home" website that summarizes ways you can be active without necessarily compromising social distancing practices (click on link #5 to learn more or simply read the second page of this newsletter).

Finally, you may be interested in a recent article published on the "Exercise is Medicine" blog of the American College of Sports Medicine (ACSM) that has brought attention to the role of physical activity during the pandemic. The authors argued that while there is still no vaccine against Covid-19, there is in fact one remedy known to improve immune function, reduce psychological and physiological stress, help treat chronic conditions such as obesity, and has improved the effectiveness of other vaccines developed in the past. This is of course physical activity, and the authors make a compelling argument about the need to include "physical activity education and promotion as an essential part of the pandemic response". Click on link #6 if you're interested in reading this blog post.

Yours in health,
The PAAS Team
paas@iastate.edu

How to stay active at home:

At home exercise videos for older adults

Link #7:

[15-minute exercise routine](#)

Link #8:

[20-minute exercise routine](#)

Link #3:

[60-minute exercise routine](#)

Link #4:

[Stretching exercises](#)

Link #5:

[Muscle strengthening](#)

Link #6:

[Balance exercises](#)

Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



World Health Organization

#BeActive

#HealthyAtHome

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

BE ACTIVE & STAY HEALTHY AT HOME!



World Health Organization

#BeActive

#HealthyAtHome

Be active at home during #COVID19 outbreak

- 1 Regularly check your sitting posture while working from home
- 2 Break up your sitting & stand up while working, on the phone, or watching TV



World Health Organization

#BeActive

#HealthyAtHome

Tips to stay active at home during #COVID19 outbreak

- 1 Walk up and down the stairs
- 2 Do some stretching exercises
- 3 Dance to music for a few minutes
- 4 Seek more ideas & resources online



World Health Organization

#BeActive

#HealthyAtHome

Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

BE ACTIVE & STAY HEALTHY AT HOME!



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Source: World Health Organization