

Guides to staying active during the pandemic

Self-Care Guide (Ministère de la santé et des services sociaux - MSSS):

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/self-care-guide-covid-19/>

Protecting Your Well-Being in the COVID-19 Pandemic (Ministère de la santé et des services sociaux - MSSS):

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/protecting-your-well-being-in-the-covid-19-pandemic/>

Take Care of Yourself and the People You Care About (CIUSSS de l'Estrie - CHUS):

https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/COVID-19_Feuillet_Prendre-soin-de-soi_ANG.pdf

I'm Staying Active and Healthy... Even During the Pandemic (CIUSSS de l'Estrie - CHUS):

https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/Brochure_Prevention_du_deconditionnement_DI-TSA-DP_ANG.pdf

Physical Distancing Activities for Families and Adults (Townshippers' Association):

<https://bit.ly/3xxnRvW>

Stay Active! For People Without Access to Technology AND Stay Connected! For People With Access to Technology (Townshippers' Association):

<https://bit.ly/3vunFf2>

How to remain physically active during the pandemic (Obesity Canada):

<https://obesitycanada.ca/snp/how-to-be-physically-active-during-the-covid-19-pandemic/>

Safe outdoor activities during the COVID-19 pandemic (Mayo Clinic):

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/safe-activities-during-covid19/art-20489385>

Remember!

Self-isolation is recommended for individuals who have been directly exposed to the new coronavirus or have a history of travel in infected or heavily populated areas.



Activities and Other Online Resources

Children and Families

Active for Life: Ideas To Keep Kids Active While Making It Fun!

<https://activeforlife.com/activities/>

Creative Activities To Do With Your Family During COVID-19:

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

Fun Activities: Supporting Families During COVID-19 (Kids Ability):

<https://www.kidsability.ca/fun-activities-covid19>

87 Family Activities To Help You Avoid Coronavirus Cabin Fever (Today's Parent):

<https://www.todayparent.com/family/activities/fun-things-to-do-at-home/>

16 Free or Cheap Things To Do With Your Kids During the COVID-19 Pandemic (Kiplinger):

<https://www.kiplinger.com/slideshow/spending/t063-s001-free-or-cheap-things-to-do-with-kids-at-home/index.html>

Got Bored Kids? Here Are 20 Fun Activities For A Pandemic Summer (Forbes):

<https://www.forbes.com/sites/danabrownlee/2020/07/14/got-bored-kids-here-are-20-fun-activities-for-a-pandemic-summer/?sh=4cb7786f7251>

Avoid Cabin Fever With These 125 Ideas To Keep Kids Entertained During The Coronavirus Crisis (Parade):

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

Teenagers and Adults

83 Non-Screen Things For Teens To Do While In Quarantine (Your Teen Media):

<https://yourteenmag.com/coronavirus/things-to-do-social-distancing>

Setting Up A Home Workspace - A Guide For Teleworkers (CIUSSS de l'Estrie - CHUS):

<https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/DSPublique-GuideErgonomieTeleTravail-EN-V2.pdf>

Home Workout And Fitness Tips: Exercising Without The Gym (HelpGuide):

<https://www.helpguide.org/articles/healthy-living/exercise-during-coronavirus.htm>

50 Free Online Workout Resources (Dan Smith, Personal Trainer):

<https://makeyourbodywork.com/how-to-exercise-at-home/>

Joyn - Movement for Every Body (Free, online, body-inclusive movement classes):

<https://www.joyn.co/>

Seniors

Tips and Advice For Seniors: Eat Healthy, Stay Active, and Keep to a Routine During the COVID-19 Pandemic (CIUSSS de l'Estrie - CHUS):

https://www.santeestrie.qc.ca/clients/SanteEstrie/Conseils-sante/Infections-maladies/COVID-19/Brochure_ainees_COVID-19-ANG.pdf

The Cummings Centre: Virtual Library (videos)

<https://cummingscentre.org/virtual-learning/>

Seniors Action Quebec: Organization for English-speaking seniors.

<https://www.seniorsactionquebec.ca/>

Seniors Action Quebec COVID-19 Guides And Info Sheets:

<https://www.seniorsactionquebec.ca/en/resources/covid-19-resources.html>

Preventing Deconditioning In Seniors During The Pandemic (MSSS):

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/preventing-deconditioning-in-seniors-during-the-pandemic/>

Le GO pour bouger! (Santé Montréal): Physical Activity Program For Seniors

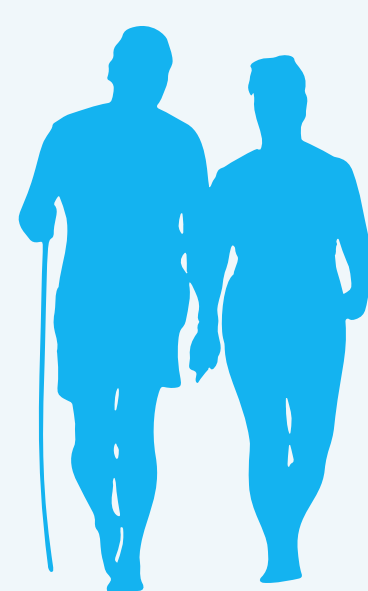
<https://santemontreal.qc.ca/en/public/advice-and-prevention/physical-activity-for-seniors/#c38836>

STRIVE Fall Prevention: Short and easy program to prevent falls.

<https://www.wepreventfalls.com>

FADOQ: Largest seniors' (50+) organization in Canada.

<https://www.fadoq.ca/en/estrie/activites>
1-800-828-3344



TOWNSHIPERS' COMMUNITY CALENDAR

Townshippers' Association has an online events calendar on their website listing interesting activities happening throughout the Townships. Why not join in a local activity or participate in a virtual conference or workshop?



<https://townshippers.org/calendar/>

