

Resources for Colorectal Cancer Patients and Caregivers

Wellness and Exercise Tips During a Pandemic

Maintaining your physical health and wellness routine during the COVID-19 pandemic is not easy. You may have even heard of the “COVID 15”, similar to the notorious “freshman 15”. However, we have put together a resource to help you navigate these difficult times while maintaining, or even improving your physical health and wellness. These tips are useful for all ages and all experience levels. Stay well!

1. Create a routine

One of the best ways to integrate exercise into your day is to create a routine. For some, a workout first thing in the morning works best. For others, they prefer an evening regime. If you are currently working from home and find yourself sitting most of the day, you could even consider a few mini-workouts to get you moving throughout the day. Create a goal for your week (example: at least four 30-minute sessions of exercise) and write them in your calendar! This will keep you accountable.



2. Start slowly



Due to the current circumstances, you may have more time on your hands than normal. If you have been meaning to start a regular workout regime, this may be the perfect time! However, it is important to start slowly to avoid injury and extreme soreness. Ensure that your new workouts are meant for beginners, start with shorter sessions and don't forget to stretch (for at least 5 to 10 minutes!) after your workout!

3. Feel great in your gear



Often times, the self-motivation aspect of home workouts can be the most challenging. Choose your favourite sweat-friendly outfit and footwear, and reserve them only for when you are working out. Avoid wearing them for any other activities. This will help you feel motivated and fabulous before your workout has even started! Add your favourite music playlist, and you are ready for a rockin' home workout!

4. Exercise safely outdoors

It can be difficult to understand the “do’s” and “don’ts” during the everchanging pandemic situation. After spending much of our time inside, most of us could benefit from some fresh spring air and sunshine. But is it safe to walk or jog outside? Canada’s Chief Public Health Officer clarified that if you do not have any symptoms, it is okay to get exercise outdoors. However, you must maintain 2 metres distance from other people, avoid high-touch surfaces (door handles, railings), and wash your hands immediately before and after leaving your home. Also note that many public parks and recreation areas are closed, so you may need to make changes to your regular route.



5. Try a fitness app

It can be overwhelming to look for a fitness app that works for you. Although there are thousands of great options, one of our favourites during quarantine is “5 Minute Home Work Out”. When you’re stuck at home most of the day, it is a great idea to break up your workouts into shorter stints to get you moving regularly. This app provides a great variety of options, and the best part is that they are all only 5 minutes! Try one of these workouts every 2 hours to reduce sitting time and get your heart pumping!



6. Don't skip a warmup and cool down



When working out at home, it is easy to skip the warmup and cool down to save time. However, both are essential and skipping them could be harmful. A warmup is important for preventing injury and reducing muscle soreness. A cool down helps your body return to its normal state, regulates your blood circulation and breathing patterns and helps reduce muscle soreness. When planning your home workouts, don't forget to add at least 5 minutes for both the warmup and cool down sections.

All of us at Colorectal Cancer Canada are here to support you during these times. Please do not hesitate to contact us at info@colorectalcancercanada.com or 1-877-502-6566. It is of utmost importance that you prioritize yourself and your health, and we hope that these exercise and wellness tips can help you do so. Stay well!