Stretch, Lift, or Tap (SLoT)

HOW OLDER ADULTS CAN STAY ACTIVE INDOORS DURING THE COVID-19 PANDEMIC

Older adults can lose 1-5% of muscle mass each day if they are not physically active[1]. If you are unable to leave your living space because of illness, disability, or public health measures it is important to think creatively about how to keep moving. No matter what your mobility level is, there are lots of ways to stay active indoors!

1 Make a list of the things you do on a daily basis.

You can include things such as meal time, bathing, watching TV, reading, or phoning friends.

2 Think about how to SLoT more movement into each activity on your list.

SLoT refers to the actions Stretch, Lift, or Tap. Turn over this page for ideas on how to do this.

3 Start small.

Pick 1-3 extra movements to add during the coming week. Add more movements each week.

4 Keep track of your progress on a calendar or diary.

It can be motivating to see your accomplishments. Use our **free tracking worksheets**! Extra movement can have positive effects on your overall physical and mental health.

5 Ask friends or family to keep you accountable.

A phone call with friends or family might encourage you to keep moving. Better yet – encourage them to do the same!

6 Use our mobility games to keep the fun going. Click below.

VIRTUAL CHARADES

SLoT ACROSS CANADA

Stretch, Lift, or Tap (SLoT)

Ideas for how you can SLoT more movement in your day*

STRETCH.

- Put toiletries further away and reach out for them
- Move your arms from side to side while drying your back with a towel
- Move your arm or leg up high before putting on an item of clothing
- Set the table for a meal – stretching to reach different parts of the table
- Stretch your arms wide when folding a large towel or bed sheet

LIFT.

- Do arm curls with a shampoo bottle while bathing
- Put away one clean dish at a time on a shelf above you
- Lift a vegetable or a can of soup to assist with meal prep
- Lift clothing out of the washer or dryer
- Sitting on the edge of your bed, shuffle your bottom along the length of the bed before getting dressed
- Toss a salad with salad tongs or servers (seated or standing)
- Lift a container of water to water a plant
- Lift a water jug out of the fridge and pour a drink

OR

TAP.

- While sitting, tap your toes on a bath mat to dry the soles of your feet after a bath
- Tap your toes on the floor while the kettle is boiling
- Tap your shoulders with the tips of your fingers while your food is being cooked or reheated
- Tap your hands or toes every time you take a medication
- Tap your toes on the floor while sitting on the toilet
- Tap your hands on a table while listening to music
- Fluff pillows by tapping them to even them out

Your Ideas:

_____

_____

_____

***This content is not intended to replace the advice of a physician or other qualified healthcare providers.**

VIRTUAL SLoT CHARADES

Act out any of the activities below during a video chat and ask your family or friends to guess what you are doing. Ask them to do the same.

Repeat as often as desired!

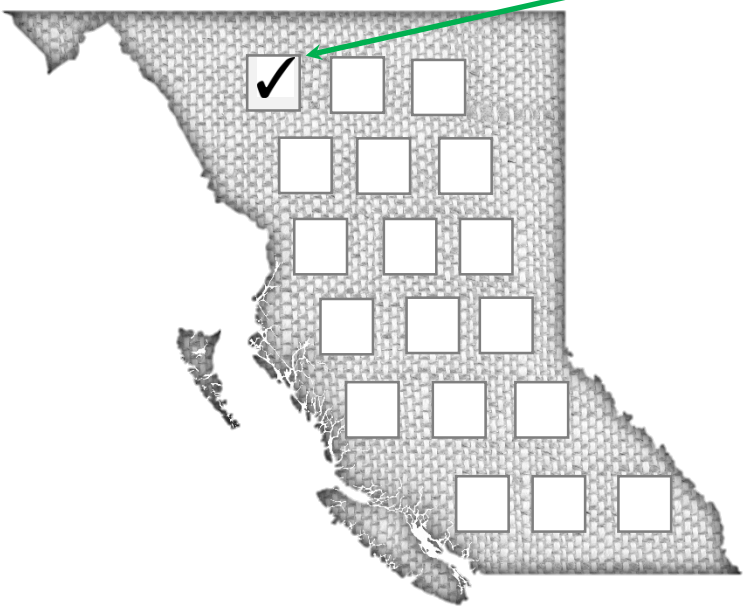
Activity	Tips for acting it out using SLoT
Playing the drums	Tap different surfaces in front of you as if they were drums (e.g., your knees, the bed/tables, etc.)
Bouncing a basketball	Tap an invisible basketball in the air
Conducting a choir	Stretch your arms wide and move them back and forth
Kicking a soccer ball	Stretch your leg out and lift, as if kicking an invisible ball
Running	Tap your feet on the floor as fast as you can
Ballet	Stretch your arms tall over your head and touch your fingers together. Tap your toes.
Hammering a nail	Make a fist with your hand and tap a surface
Your ideas!	Stretch, lift, or tap to act out your favourite hobbies!

SLoT ACROSS CANADA

Post this on your fridge! Challenge yourself to move across Canada by checking off a box each day that you SLoT in extra movement!

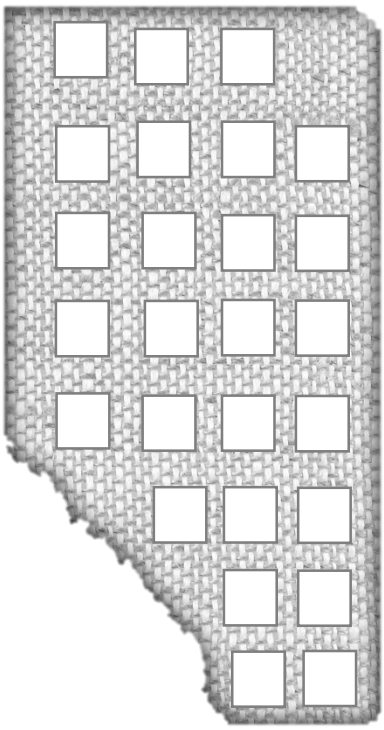
1. British Columbia
Start

Example

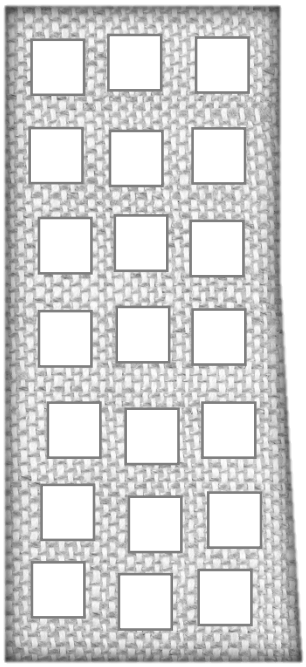


Take a picture! Share it with your family or friends!

2. Alberta



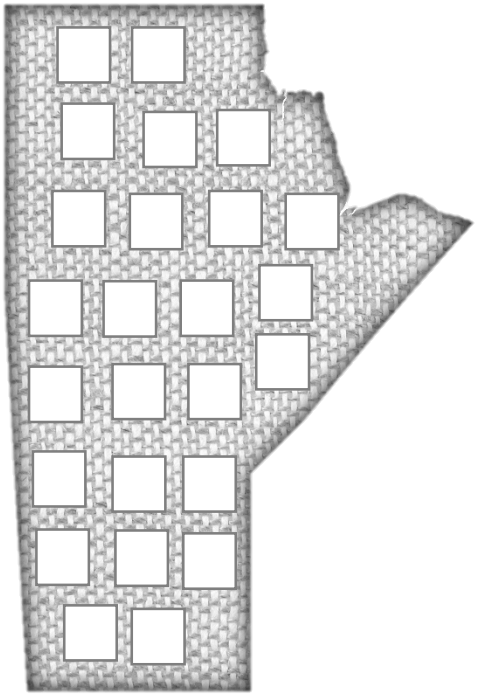
3. Saskatchewan



SLoT ACROSS CANADA

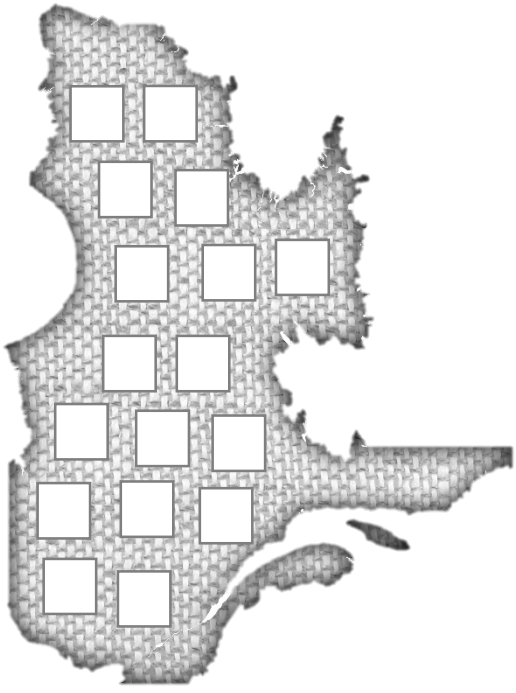
Post this on your fridge! Challenge yourself to move across Canada by checking off a box each day that you SLoT in extra movement!

4. Manitoba



5. Ontario

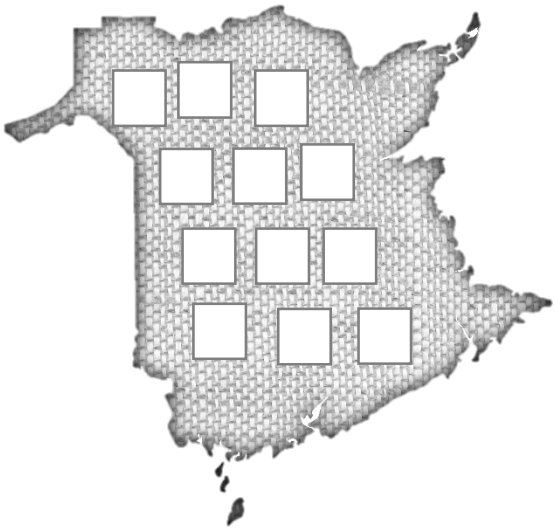
6. Quebec



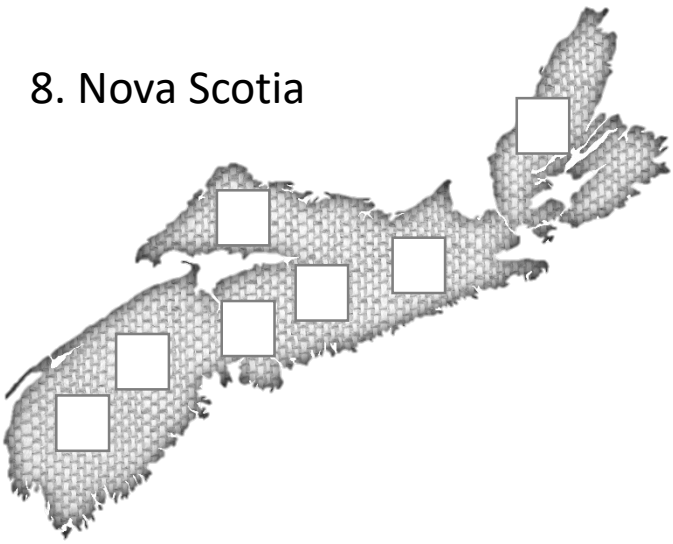
SLoT ACROSS CANADA

Post this on your fridge! Challenge yourself to move across Canada by checking off a box each day that you SLoT in extra movement!

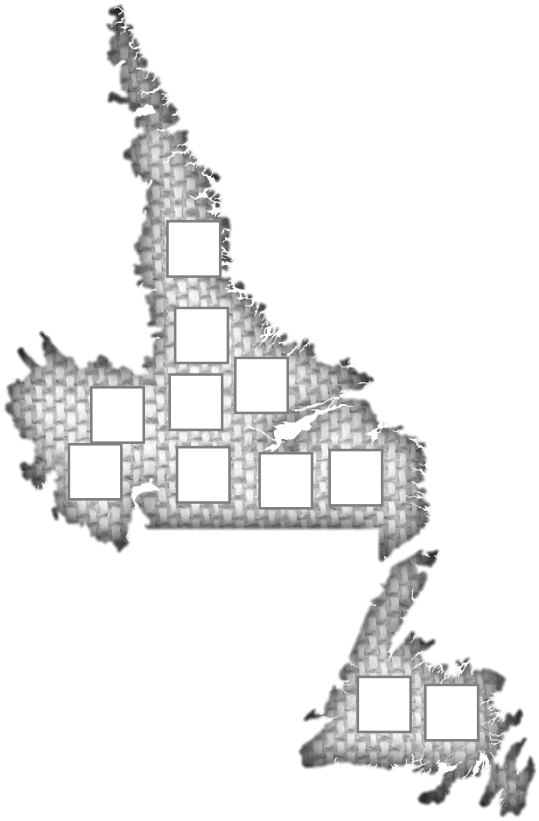
7. New Brunswick



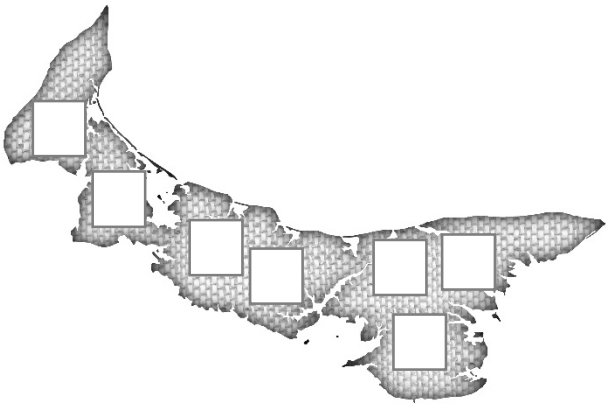
8. Nova Scotia



9. Newfoundland and Labrador



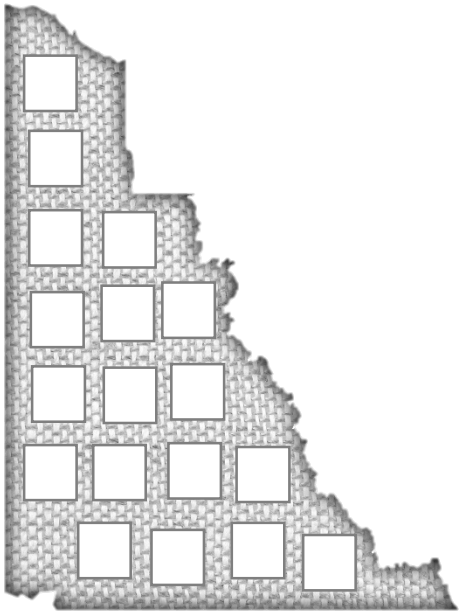
10. Prince Edward Island



SLoT ACROSS CANADA

Post this on your fridge! Challenge yourself to move across Canada by checking off a box each day that you SLoT in extra movement!

11. Yukon



12. Northwest Territories

13. Nunavut

CONTACT US

Regional Geriatric Program of Toronto
2075 Bayview Avenue, Room H478
Toronto, Ontario, M4N 3M5
416-480-6026
Fax: 416-480-6068
info@rgptoronto.ca

This project is funded by a grant from the Canadian Frailty Network. For more information please visit: https://www.cfn-nce.ca/project/kt2019-09/

© 2021 Regional Geriatric Program of Toronto. *Version 2 [02/26/2021]*