

# Stay POSITIVE & FIT

## THE POWER OF LAUGHTER

Laughter is an intrinsic part of life. It often happens spontaneously and unconsciously. Whether you're howling with laughter or giggling quietly, laughter does you good. *Sometimes laughter is the best medicine!*

The benefits of laughter extend far beyond making you feel happier in the moment. Laughter is known to reduce tension, promote cooperation, build trust, inspire a positive outlook, remove barriers between people, increase motivation, improve memory, enhance the immune system, lower blood pressure and improve alertness and creativity.

Ideas to help you get your daily dose of laughter:

- Read riddle books and tell jokes
- Sing happy songs or practice tongue twisters
- Watch laughter videos on YouTube
- Play silly games like Charades or Would You Rather
- Facetime a friend or family member and remind them of a funny time you shared together or ask them to share their signature dance move.
- Call a friend and ask a question like "What's the most embarrassing thing that ever happened to you?", "What's a holiday that doesn't exist that you'd like to create?" or "What's the craziest thing you've done?"



## EXERCISE YOUR BRAIN TOO

- Take advantage of Brentwood's Virtual Library. The library has tons of free eBooks, music, magazines, newspapers, TV shows and Movies ready for your enjoyment.
- Covia Well Connected program is available to all seniors in your community who are having to stay at home and/or having to limit their in-person interactions for safety reasons and still want to be connected. This program offers activities for older adults in Spanish and English for them to access from HOME via phone or computer. Visit [www.covia.org](http://www.covia.org).

## REMAIN FIT WHILE SHELTERING AT HOME

Even though you may not be able to attend your favorite exercise class or go dancing there are many things you can do to keep fit at home.

- Stay flexible. Try stretching for at least 15 minutes a day.
- Chair exercises are a low impact way of maintaining strength and stretching.
- Get fresh air by walking a pet or strolling around the neighborhood. Remember to practice social distancing when encountering others.
- Watch YouTube fitness videos. Search topics like "senior exercise", "easy zumba" or "yoga for older adults."

## STAY CONNECTED

Although we're all social distancing physically, as humans we need to stay connected emotionally. Try one or two of these out every day.

- Call a friend or relative you haven't spoken to in a while to check in.
- Write a good old-fashioned letter.
- FaceTime kids and grandkids.
- Many restaurants are still open for take-out or delivery orders. Support your favorite joints and order food for pick up or try out Doordash or UberEats and have it brought to you.
- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep. Make time to unwind.
- Talk with people you trust about your concerns and how you are feeling.
- Work on Mindfulness - Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.



Visit the [City of Brentwood-Local Government Facebook page](#) and look for [rec@home](#) posts for more activities and resources.