

Top Tips for Staying Active



TOP TIPS FOR STAYING ACTIVE THROUGH COVID



As we work through COVID-19, we are facing challenges as a nation that we have never faced before. One of the biggest impacts has been on our ability to move around freely. Over the past few weeks and for weeks to come, we have been practising social distancing, which has seen many of us at home, with the exception of a short form of exercise, if we choose to.

For many, this is a big change in our usual daily routines and changes like this can quickly impact our overall health and wellbeing. Being active is one of the best things we can do to improve our health and our wellbeing.

It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of [colon cancer](#)
- up to a 20% lower risk of [breast cancer](#)
- a 30% lower risk of early death
- up to an 83% lower risk of [osteoarthritis](#)
- up to a 68% lower risk of [hip fracture](#)
- a 30% lower risk of [falls](#) (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia.

The World Health Organisation recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, and 2 x strength building days. These recommendations can still be achieved even at home, with no special equipment and with limited space. So here are some great TIPS for getting active at home during COVID.



1 Take short active breaks during the day

Short bouts of physical activity add up to the weekly recommendations. You don't need to be out running or doing an exercise DVD. Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home. The important thing is you are moving and being active. If you're mopping or hoovering the floor, you can increase the speed that you mop and the intensity that you clean, not only will you end up with a lovely clean floor but you'll probably find yourself a bit out of breath.

If you're watching TV with the advertisement breaks on, commit to getting up and moving during every ad break. You may want to do an ad break of squats, one of marching on the spot, one of crunches etc. Choose an exercise that you can safely do and just spend that few minutes doing it. You will be amazed how the minutes soon add up.

2 Join the online community

There are loads of online classes available for free at the moment. Lots of them are available on social media channels such as YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations. Start off with exercises that you know you can perform and build up from there. If you have been told that you shouldn't exercise by a medical professional, you should always follow their advice.

Sport England have launched #stayinworkout campaign https://www.sportengland.org/stayinworkout#get_active_at_home



3 Keep moving

Walking even in small spaces is great for you. Walking around the house or even walking on the spot, can help you remain active. It's amazing how you can fit walking into your normal life. If you have a telephone call, stand up or walk around your house while you are speaking, instead of sitting down. Walk around your garden or yard if you have one. If you decide to go outside to walk or exercise, be sure to do so no more than once a day and ensure you maintain at least a 2-meter distance from other people.

Stand up. Reduce the time that you 'just sit' whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. You can set an alarm on your phone to remind you to move every 30 mins to get up and move, even for just a few minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing. During less physically active time try to keep your brain busy by doing activities, such as reading, board games, and puzzles.



4 Do it together

There are lots of surprising benefits of exercising together, including:

- Increase your happiness with your relationship
- Improve the efficiency of your workouts
- Help you achieve your fitness goals
- Increase your emotional bond with the person/people you are exercising with
- It is more enjoyable.

With all those benefits it seems daft not to exercise with someone else. With social distancing in place, you may not be able to physically meet someone to exercise with but you can use channels like Zoom or Facetime to connect with people and physically work out together. In the same way, you can choose an exercise programme to follow and both exercise at the same time and share your results. There's loads of ways that you can exercise together, it just needs a bit of planning and thought.

You can also exercise as a whole family. Fitness Guru Joe Wicks runs a family based PE sessions everyday. You could be one of the thousands of families that tune into his sessions every day. Here's a link to Joe Wicks's YouTube Channel to get you started <https://www.youtube.com/watch?v=6olorMntw5gJoe>



5 set yourself a challenge

We have seen great examples of people setting themselves fitness challenges during the COVID period. Captain Tom Moore, has raised Millions of pounds for the NHS doing 100 laps of garden, at the ripe old age of 99. He set himself a challenge to raise £1000 and he stuck at it every day doing 10 laps a day. What an amazing example of the value of setting yourself a challenge!

Have a think about a challenge that you can set for yourself and set some goals you can achieve. Make sure what you want to do is **SMART**

Specific – Capt. Tom wanted to walk 100 laps by his 100th birthday which meant he had 10 days to do it

Measureable – He had a planned distance then he marked out as his lap, so he knew each time he walked from one end of the garden to the other, he had completed a lap

Achievable – His challenge would be achievable if he could do 10 laps a day for 10 days

Realistic – He knew he would walk with his walker. He knew he couldn't do all the laps in one day but could manage to do 10 laps a day

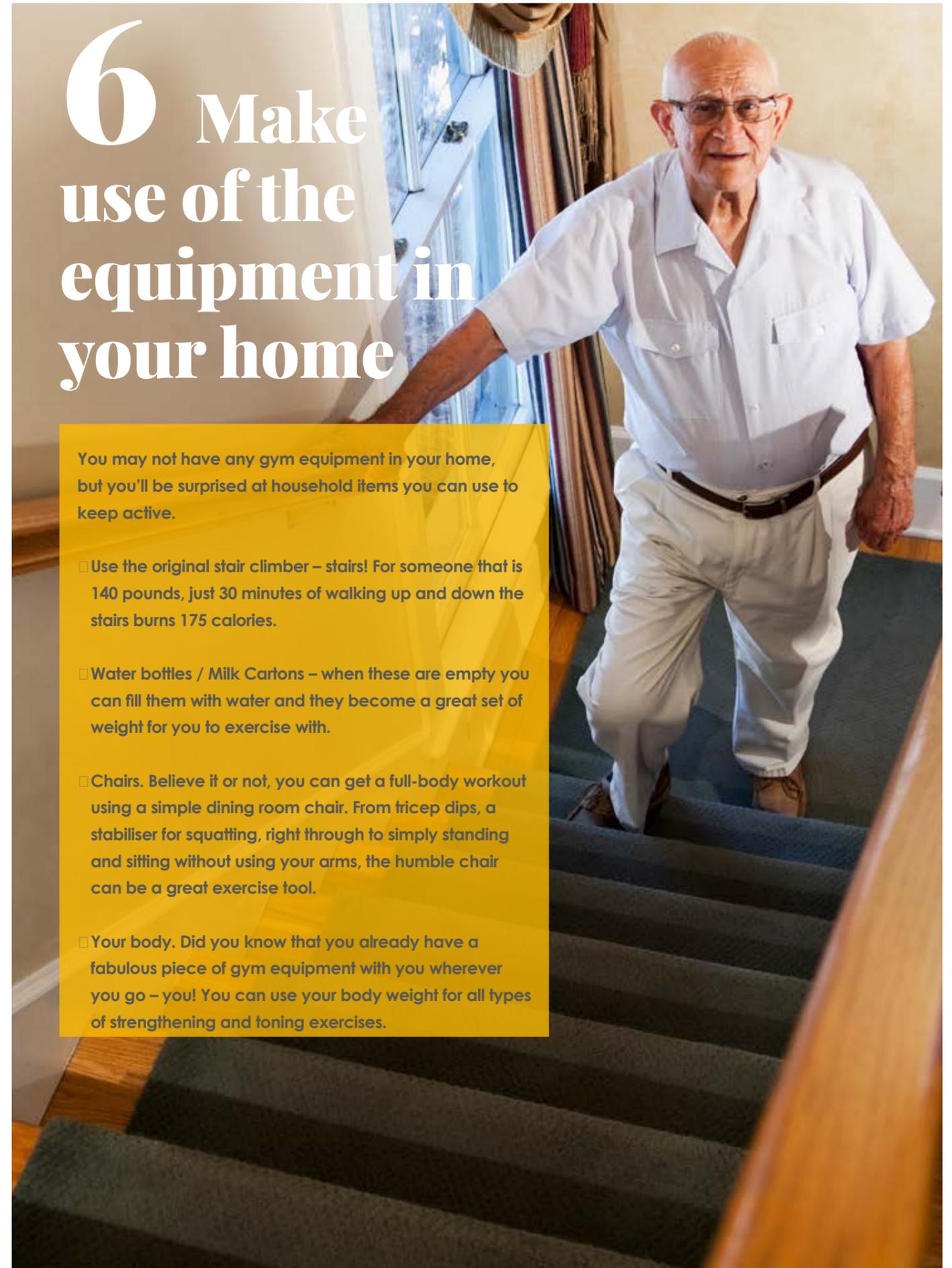
Time Bounded – Capt. Tom wanted to complete his challenge for his 100th birthday.

As you think about your time at home, what fitness challenge do you want to set yourself. If Capt. Tom can achieve what he did, just imagine what you could do!

6 Make use of the equipment in your home

You may not have any gym equipment in your home, but you'll be surprised at household items you can use to keep active.

- ❑ Use the original stair climber – stairs! For someone that is 140 pounds, just 30 minutes of walking up and down the stairs burns 175 calories.
- ❑ Water bottles / Milk Cartons – when these are empty you can fill them with water and they become a great set of weight for you to exercise with.
- ❑ Chairs. Believe it or not, you can get a full-body workout using a simple dining room chair. From tricep dips, a stabiliser for squatting, right through to simply standing and sitting without using your arms, the humble chair can be a great exercise tool.
- ❑ Your body. Did you know that you already have a fabulous piece of gym equipment with you wherever you go – you! You can use your body weight for all types of strengthening and toning exercises.



7 Emotional benefits

Emotional Benefits of exercise are as much about your emotional health as it is your physical one. Here's just a few of the benefits it brings.

8 Give yourself a pat on the back

When you have done your exercise for the day, remember to give yourself a pat on the back and say 'well done' to yourself. Remember every time you exercise you are working to reduce your risk of major illnesses, such as [heart disease](#), [stroke](#), [type 2 diabetes](#) and [cancer](#) by up to 50% and lower your risk of early death by up to 30%

The Emotional Benefits of Exercise— Feel Good with Go4Life®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from **Go4Life®**, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.



Go4Life.
go4life.nia.nih.gov

9 Practice relaxation & mindfulness

When faced with numerous responsibilities and tasks or the demands of an illness, relaxation techniques may not be a priority in your life. But that means you might miss out on the health benefits of relaxation.

Practicing relaxation techniques can have many benefits, including:

- Slowing heart rate
- Lowering blood pressure
- Slowing your breathing rate
- Improving digestion
- Maintaining normal blood sugar levels
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Improving sleep quality
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems.

To get the most benefit, use relaxation techniques along with other positive coping methods, such as thinking positively, finding humor, problem-solving, managing time, exercising, getting enough sleep, and reaching out to supportive family and friends. There are some great apps and resources online.

One of our favourites is the Mindfulness App

<https://themindfulnessapp.com/>

10 Call us if you are struggling & don't know where to start

Many adults lack confidence with getting more active. If this is you and you're not sure where to start, the team at [Gloucestershire](#) Healthy Lifestyles are here to help you.

The service is free and our coaches will work with you to help you get more active and develop healthier habits

that help you maintain your activity.

Whether you like to be part of a group or receive one to one support, we have an offer to support you and help you achieve your goals.

Call us now on [0800 122 3788](tel:0800 122 3788)

Healthy
lifestyles
Gloucestershire

www.hlsqglos.org

Free ideas & activities to keep moving whilst at home

The following are suitable for adults

Fitness Blender
Online fitness videos

Join for free and access a variety of fitness videos:

- 3 – 60 minute workouts
- No equipment or with weights
- Warm ups and cool downs
- Stretching to strength training



Joe Wicks
The Body Coach TV
Online workouts

Free home workout videos including:

- 10 minute chair workouts for seniors
- 30 minute HITT sessions
- PE with Joe



Jump Rope UK
Skipping workouts and challenges

Jump Rope UK have a You Tube channel with a variety of skipping workouts and challenges.



Look Again
Mindfulness photography

Stay calm, connected and get creative. A Stroud based company are offering access to a free 7 day mindful photography course.



NHS
Fitness studio exercise videos

Activities and exercise videos for people of different abilities including those with long term conditions such as arthritis and chronic pain:

- Aerobics
- Belly Dancing
- Couch to 5k running
- Pilates / Yoga
- Waist / Abs / Legs specific workouts
- Strength and Flex



NHS
Strength and flex plan

5 weeks' worth of muscle-strengthening podcasts.



NHS
Gym free workouts

Simple movement routines and exercise from the comfort of your own home:

- Sofa workout
- Pillow workout
- Seated yoga



NHS – Instructor Live
La Bomba dance workout

45 min latino style dance session – you will be having so much fun you wont even notice how hard you are working.



NHS – Instructor Live
Vinyasa flow yoga

45 min yoga session focusing on strength, flexibility and breathing to boost physical and mental wellbeing



One You
Home workout videos

Clear some space in the living room and give the easy 10-minute One You workouts a go:

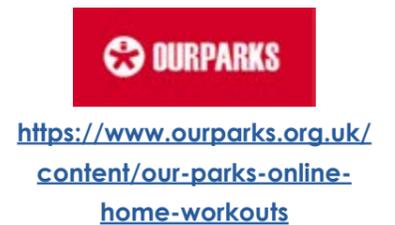
- 10 minutes cardio
- Strengthening
- Stretches



Our Parks
Online fitness videos

Our Parks instructors have recorded free videos including:

- Dance
- Full body workouts
- Yoga
- Pilates



POPSUGAR Fitness
Celebrity trainer fitness videos

Over 500 ad-free workouts from celebrity trainers and fitness experts with modifications and easier options:

- Beginners workouts
- Full body
- Kickboxing
- Pilates



Free ideas & activities to keep moving whilst at home

The following are suitable for adults

Sport England Stay in, work out	Website with sub-categories and links to other suitable websites for: <ul style="list-style-type: none"> • Getting active at home • Getting active outdoors 	 https://www.sportengland.org/stayinworkout
Sweaty Betty Online fitness classes	Workout from home with Sweaty Betty's online fitness classes: <ul style="list-style-type: none"> • Fitness workouts • Yoga • Dance • Ballet 	 https://www.sweatybetty.com/workout-videos.html
This Girl Can Home exercises and videos	Ideas and inspiration to keep active at home	 https://www.thisgirlcan.co.uk/activities/home-exercise/?fbclid=IwAR1g50-3dSu8Anll8D3S9qtXlldzFLPScKgX05nwrxfQnrHNVRaTqU2iIYQ
Yoganna Be [GEM online] Live yoga sessions for beginners	Offered by a Gloucestershire based yoga instructor from Yoganna Be. These sessions are free and suitable for complete beginners. Every Wednesday 10am-11am	 Join directly via Zoom: https://zoom.us/j/407627656?status=success For more info about #GEMonline email gemnikki@ggtrust.org or go to www.glogem.org

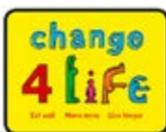
Disclaimer

The activities and exercises listed above should not cause harm. By participating in any the sessions above, you do so at your own risk. Ensure you have enough space, and your floor is not slippery. Before starting any new exercise programmes you should speak with your GP. If you experience pain or discomfort when performing these exercises, or any physical activity stop immediately and seek medical advice. You should avoid physical contact with other participants and, where appropriate, adhere to social distancing guidelines. As with any activity, start slowly and gradually build intensity and time of your workouts. Remember to warm up and cool down.

Check out 'we can move' for more information: <https://wecanmove.net/index.php>

The following are suitable for:

- Adults and/or children who would like activity that is inclusive and accessible
- Older adults
- Those with a disability or limited mobility

10 Today Seated exercises	10 Today involves short ten minute routines to get you stretching and moving, designed for older people, by older people. There are audio and video options and can be downloaded or accessed via on-demand radio stations.	 https://10today.co.uk
Activity Alliance Moving while at home	Website with links to other organisations for disabled people to be active at home.	 http://www.activityalliance.org.uk/news/5673-moving-more-while-at-home
British Heart Foundation Tips on getting active indoors	A range of information, resources and videos for all abilities and starting points: <ul style="list-style-type: none"> • Getting active indoors • Strength exercises with everyday objects • Chair based exercises • Tips on keeping fit and getting fit after a heart event 	 https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity
Change 4 Life Accessible activities	Links and ideas for accessible activities and games at home: <ul style="list-style-type: none"> • Obstacle races • Potato golf • Disney shake ups • Links to a range of disability organisations 	 https://www.nhs.uk/change4life/activities/accessible-activities
NHS Choices Sitting Exercises	Gentle strength, flexibility and balance exercises.	 https://www.nhs.uk/live-well/exercise/sitting-exercises/
NHS Pilates	This NHS pilates-inspired workout is suitable for people with Multiple Sclerosis, Chronic Fatigue Syndrome (CFS), Chronic Pain & Fibromyalgia	 https://www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video/

iCareiMove
Seated exercises

Free video workouts including:

- Chair-based exercises
- Handy tips to improve your circulation and mobility



<http://www.icareimove.com/free-workouts/>

Later Life Training
Home exercise guides

Downloadable and printable guide for chair based exercises.



<http://www.laterlifetraining.co.uk/llt-home-exercise-booklets/>

Move it or Lose it
Free Covid-19 support pack

Free resource pack with access to products and support videos and guides for chair based exercises.



<http://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

Move it or Lose it
Free online classes and videos

Live exercise classes for chair-based movements via Facebook and a range of balance and stability exercise videos on You Tube.



Facebook <https://www.facebook.com/MoveItOrLoseIt1/>

<https://www.youtube.com/user/MoveitorloseitUK>

MS Society
Staying Active with MS

Symptoms of multiple sclerosis can make it hard to exercise. The MS Society has created a range of exercises and videos specifically designed for individuals with MS.



<https://www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms>

Parasport
Home workouts

Stretching and aerobics videos for home exercises.



Parasport
<https://parasport.org.uk/home-workout-kris-1>

Peter Deadman
Strengthen your lungs

20-minute video of three qigong practices to help strengthen the lung:

- Deep, slow, lower abdominal breathing
- Two qigong movements to benefit the lungs
- Slapping and massaging the lung channel/meridian and the chest.



<https://www.youtube.com/watch?v=Nqn70lrWKc&t=21s>

Superheroes series
Sofa superheroes workouts

Live sessions and downloadable videos of accessible stretches and workouts with a superhero theme!



Twitter <https://twitter.com/SuperheroTri>

Facebook <https://www.facebook.com/superherotri>

We Can Move
Fall-proof campaign

Videos, downloadable plans and information for you to do strength and balance activities at home.



<https://wecanmove.net/campaign/fall-proof>

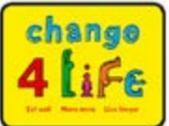
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Free ideas & activities to keep moving whilst at home

The following are suitable for Children, Teens & Families

<p>BBC Supermovers</p>	<p>Fun curriculum linked resources to get your children moving while they learn. Active learning programme for KS1 and KS2 Maths, English, Science and more!</p>	 <p>https://www.bbc.co.uk/teach/supermovers</p>
<p>Bliss by Robin Virtual yoga sessions for teenagers</p>	<p>Free 3 x yoga sessions a week, focus on a different element each session:</p> <ul style="list-style-type: none"> Monday AM: energise Wednesday PM: relaxation Thursday afternoon/evening: reflection 	 <p>http://www.blissbyrobin.com/bliss-ed-covid-19-free-online-yoga/</p>
<p>Brave Brave daily challenges</p>	<p>Brave are offering free daily challenges and activities for kids.</p>	 <p>https://www.teambrave.net/brave-challenges Facebook https://www.facebook.com/team.brave.x/</p>
<p>Cbeebies Boogie Beebies</p>	<p>Short dance routines and videos suitable for early years</p>	 <p>https://www.bbc.co.uk/programmes/b006mvsc/clips</p>
<p>Change 4 Life Disney 10 minute shake up games</p>	<p>Disney inspired active games to get your kids moving and having fun for 10 minutes. Themes include:</p> <ul style="list-style-type: none"> Toy Story 4 Incredibles 2 The Lion King Frozen 	 <p>https://www.nhs.uk/10-minute-shake-up/shake-ups</p>
<p>Cosmic Kids Yoga Virtual yoga</p>	<p>5 Themed yoga and relaxation videos for children aged 3+.</p>	 <p>https://www.youtube.com/user/CosmicKidsYoga</p>
<p>Diane Buswell Dance videos</p>	<p>YouTube videos of dance based fitness sessions and classes.</p>	 <p>https://www.youtube.com/channel/UCHEPUMv8I5qYfiqTWe5n8RQ</p>

<p>Follow My Lead Forest school in your back garden</p>	<p>Lots of interactive challenges, quizzes and ideas for nature activities whilst you and the family are at home!</p>	 <p>Facebook https://www.facebook.com/followmylead123/</p>
<p>Go Noodle Activities, games and videos</p>	<p>A free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning!</p> <ul style="list-style-type: none"> Movement Yoga Mindfulness 	 <p>https://www.gonoodle.com</p>
<p>Joe Wicks The Body Coach TV Online workouts</p>	<p>A mix of online workouts for children and families:</p> <ul style="list-style-type: none"> PE with Joe: daily live workouts at 9 AM 5 minute move for kids 	 <p>https://www.youtube.com/watch?v=d3LPrhI0v-w&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k</p>
<p>Kids Run Free Activity hub full of ideas</p>	<p>Downloadable activities:</p> <ul style="list-style-type: none"> Get active videos Distance logs (1, 2, 3k and marathon) Physical activity games cards 	 <p>https://www.kidsrunfree.co.uk/activity-hub/</p>
<p>Oti Mabuse Dance Classe</p>	<p>Join a Strictly Come Dancing champion as she guides children and adults through her home dance classes.</p>	 <p>https://www.youtube.com/channel/</p>
<p>Primary Steps in PE Free Active Stories</p>	<p>Turn your house into a completely different world through active storytelling. Primary Steps in PE are offering lots of free stories via twitter.</p>	 <p>https://twitter.com/primarystep</p>

This Girl Can
Disney Dance-Along

Dance routines to help you get active with your kids and have fun!!



<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Wildlife Trust
Activities to do in the garden

Activity cards for connecting with nature, including:

- Building wildlife hotel
- Making a bird feeder
- Wildlife themed yoga
- Bug spotting



<https://www.wildlifetrusts.org/looking-after-yourself-and-nature>

World Wide Fund for Nature (WWF)
Things to do at home

Craft ideas, quizzes and activities to keep you and the little ones busy indoors and outside.



<https://www.wwf.org.uk/things-to-do-home>

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