

Getting active at home and outdoors

Keep Moving during COVID 19

This guidance inevitably means our routines are changing.

Although gyms have closed their doors, many are offering their customers online services instead. UK health club chains, [David Lloyd](#) and [PureGym](#) are both providing **members** workouts via their mobile apps, while [Nuffield Health](#) is offering workouts via its YouTube channel and wellbeing app. Virgin Active has also announced plans to provide workouts through its social media channels and website. So if you are a Gym member check with your gym if you are still able to connect with them on the internet to continue keeping fit from home during this time.

As staying active is more important than ever right now, and even if you're mostly in your house, there are plenty of ways you can still do it see more on the next page.

Stress, Anxiety, low mood?

Did you know that getting active can reduce anxiety and stress, combat low mood and increase self-esteem? It can help you feel good on the inside and out. There are lots of different types of exercise and physical activity you can try. The most important thing to consider, is finding something that you enjoy. Have a look at the link above for more information from MIND on your Mental Health during COVID-19.

Why not try some of the great activities, exercises and ideas for all members of the family, disabled and over 65's below. These have been compiled from the internet, in one handy resource, and have been sourced from NHS, One You, Mind, Healthy England etc. to help you and your family get started, just click on the links below and have a go.

Official Guidance is:

- Only go outside for food or health reasons or work (but only if you cannot work from home)
- If you do go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. (You can spread the virus even if you don't have symptoms)

and

- Only to travel to and from essential work.

Remember to check the government advice if you think you have any symptoms linked to coronavirus.

Everyday ways to exercise at home ([NHS Live Well](#)):

The [Chief Medical Officer's](#) own physical activity guidance highlights the benefits of maintaining muscle strength, balance and flexibility.

What counts as moderate aerobic activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- brisk [walking](#)
- [riding a bike](#)
- dancing
- doubles tennis
- pushing a lawn mower
- hiking
- rollerblading

Try the [aerobic workout videos](#) in the [NHS Fitness Studio](#).

Apps to help you get started and stay active:

Active 10: [One You](#)

A brisk daily walk is a great excuse to get outside and improve your health. The Active 10 app is a great way to help you monitor and gradually increase your brisk walking levels over time –

Websites with Workouts for all Ages:

- [NHS 10-minute workouts](#): Only got a few minutes? The 10-minute workout ideas are perfect if you've only got a bit of spare time when you're at home.
- [Couch to 5k](#): This is a 9-week running programme designed for complete beginners by the NHS.
- <https://youtu.be/jrkI00wSCzk> Check out 'This Girl Can' exercises that can be done in home
- [Gym-free workouts](#): Going to the gym isn't for everyone. Luckily, there are plenty of other ways to get active instead. The NHS have created routines that you can do anywhere, anytime including seated exercises, strength, balance and flexibility sessions.
- [Fitness Blender](#): Here you can find over 500 free workout videos enabling you to choose the level of difficulty depending on whether you are new to exercise or looking for something more advanced.
- [Yoga with Adriene](#): Yoga instructor [Adriene offers over 500 free YouTube](#) videos from complete beginners to those of you who are more advanced.

Keeping Active with the Kids:

Children haven't been left out of the fitness equation either. YouTube fitness trainer [Joe Wicks](#) is livestreaming daily "[PE with Joe](#)" lessons on his channel, The Body Coach on weekdays. His first class hit more than 2.1 million views.

Wicks said in a blog post: "With the schools closed and with us all spending more time at home it's more important than ever that we keep moving and stay healthy and positive."

The charity Sport England have also compiled some online resources to help exercise while at home.

- [Youth Sport Trust](#): Explore a range of YouTube videos with fun challenges and activities that can be adapted to the space you have available.
- [Disney dance alongs: This Girl Can](#) have partnered with Disney to provide dance workouts. You can learn their moves or put your own spin on their routines.
- [Change4Life indoor activities](#): Shake Up games inspired by your kids' favourite Disney characters.
- These Disney dance-alongs are a perfect, and fun, way to get active with the kids. Some of the dance-alongs, which This Girl Can has made in partnership with Disney, is below, but you can get moving to all of them by clicking the buttons below.

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

Jungle Book Dance:

<https://youtu.be/a0OMDUJEK1I>

Under the Sea Dance:

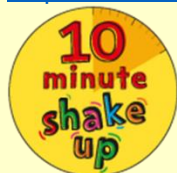
https://youtu.be/rLfsP_G7m4c

Break this Down Dance:

<https://www.youtube.com/watch?v=PoK6IA4kHSA>

Games to play with the Kids:

- Change4Life has created some Disney-themed indoor games and activities, including a Toy Story 4-inspired Find Forky game, that are bundles of fun and will get the kids moving. <https://www.nhs.uk/change4life/activities> Plus some 10 minutes shake up games



from **change4 life** with **Disney**

Exercise for Children and Adults with Disabilities:

[Parasport.org.uk](https://parasport.org.uk): Parasport have created accessible home workouts that are ideal for [wheelchair](#) users who are just getting started or haven't been active for a while. This is the first ever Parasport guided home workout! teamed with Kris Saunders-Stowe a qualified fitness instructor to bring you this short, easy to follow guide to stretching and improving your mobility.

There are also lots of ways to keep disabled children and young people active indoors, including a seated version of a classic obstacle race. For kids to lead a healthy lifestyle, they need to move as much as possible – and if they have additional needs, this is just as important.

Start off by choosing activities your child is interested in and adapt them.

More about accessible activities ([click on the link](#))

<https://www.nhs.uk/change4life/activities/indoor-activities> and Accessible activities such as an [Obstacle Race](#) with a straw; Potato Golf have a look on the [link](#) for more, as well as the [10 mins shake up sessions](#)

Get creative with your activities

Getting active doesn't have to be long or intense. You could mix things up by taking part in fun challenges individually, in a group, or even online. Moving more is the key to finding something fun. Why not try one of the following:

- How many "sit-to-stands", "step-ups" or other activities you can do in a minute? Record your total and challenge yourself to match it or beat it next time.
- Set yourself a challenge over a period of time, for example, walking or running a marathon distance within a month.
- Involve other people by doing your activities or challenges together over a video call or via a virtual event.
- Make space to get outdoors whenever you can.

See if you can add your own twist to something you already do, or you could create something completely new.

These specific exercises are great for all ages, but particularly if you're over 65:

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

They include:

Sitting exercises

Strength exercises

Balance exercises

Flexibility exercises

Also [The Green Goddess](#) - the original keep-fit queen of the 80s - is making a comeback on BBC Breakfast. Eighty-year-old Diana Moran will be doing exercises three times a week from self-isolation so viewers can follow along at home.

And you can also follow these home workout videos from the NHS, which includes a strengthening workout and a 10-minute cardio workout. Getting exercise doesn't need to be difficult – you don't even need to leave the house! Clear some space in the living room and give our easy 10-minute workouts a go.

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

<https://www.nhs.uk/oneyou/for-your-body/move-more/>

<https://www.fitnessblender.com/videos>

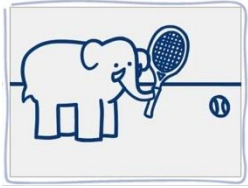
Other gym-free workouts:

From sofa workouts to cardio jumps, the NHS has put together illustrated guides showing some other equipment-free workouts, many of which you can do at home.

<https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/pyjama-pilates/>

Sign up to [Elefriends](#):



[MIND](#) says 'Starting something new can be daunting' If you've recently started exercising or would like peer support to help you get there, [Elefriends](#) online community can help. [Elefriends](#) is a free, supportive space where you can be yourself and link up with others who are just starting out too.

> [Find out more](#)

Complete your own activity with these resources:

- [Mindful walking](#): Sometimes it's good to stop and take notice of what is going on around you, and a mindful walk is a great way to do that. You can use this resource to help you complete your own.
- [Mindfulness and yoga](#): Yoga encourages us to stop and take notice of how our mind and body are feeling. This activity sheet will help you plan for your own yoga practice, which you can complete at home or with a group of friends.

[Mind](#) - guide to getting active

Mind has an information guide which is full of details about how being active can be good for your mental health. The guide explores lots of handy tips to help you get started. You can also discover which type of exercise may be best for you, and how to overcome the barriers that may stop you from taking part.

> [Explore](#)

Finally, Walking, Running, Cycling anything but remember to social distance

In any given day, you can still go outside for one form of exercise, such as a walk, a run or a cycle, if you're well enough and as long as you're on your own, or with members of your household. Please always follow the latest [official advice](#) on social distancing - which means staying more than two metres from others - and follow the advice on [general hygiene](#). It's important that you stick stringently to the guidance.

If you're going outside to get fresh air and to get active, you should do so locally, staying close to your home and avoiding places where it may be hard to follow the guidelines.

Walking is one of the easiest ways to get active, if you have some space and are able to follow the [government guidelines on social distancing](#).

And if you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share it with others, phone a friend and let them know or better still email wellbeing@oxfordhealth.nhs.uk and we will add it to the list.

Stay Well – Keep Fit
Health & Wellbeing
Oxford Health NHS Foundation Trust