

# Fitter Futures

Warwickshire



## Introduction

Coronavirus (COVID-19) has been identified as a pandemic by the World Health Organisation. We are all taking measures to protect ourselves and others, and as we continue to follow Public Health England (PHE) and central Government advice ([www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)) in these unprecedented times. The social distancing and isolation policies put in place mean that we are spending more time at home.

Government guidance states we must stay at home, to only go outside for one form of exercise, to shop for essentials including medication, to care or help a vulnerable person and to travel to and from essential work. This resource pack will highlight top tips and advice on how to lead an active lifestyle during this time. **#StayInWorkOut**



# How physically active should we be?

The World Health Organisation recommends 150 minutes of moderate intensity, such as brisk walking or dancing, or 75 minutes of vigorous intensity, such as jogging or cycling, per week for adults (19 to 64 years). Plus, do strengthening activities on at least 2 days a week such as yoga or heavy gardening. For those aged 65 and above, it is recommended to participate in strength, balance and flexibility on at least 2 days a week, plus at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active.

Toddlers (aged 1 to 2) should be physically active every day for at least 180 minutes (3 hours). This can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping. Pre-schoolers (aged 3 to 4) should also spend at least 180 minutes a day doing a variety of physical activities, including active play like hide and seek.

Children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate to vigorous intensity physical activity a day across the week. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscles and bone, at least 3 times per week, such as football, skipping and dance.

This might not be as easy during these uncertain times however; it is possible. For more information about how active we should be, please visit [www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/).

**Remember, some is good, but more is better!**



# Top Tips

- 1. Sit less and take breaks** – take a quick stroll around the garden or in the house every 60 minutes. When taking a call or when the adverts appear on TV, stand up and move around. Little changes will mean you are gradually reducing the amount of time you are sat down throughout the day.
- 2. Add little chunks of movement into your day** - for example, when waiting for the kettle to boil, do some calf raises or shoulder taps. Add a few minutes of exercise to the end of your daily team conference calls with colleagues. See below for an team workout example. Anything you can do to increase your movement will be beneficial.
- 3. Take notice of nature** - bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed. You could try the following: spend time with the windows open to let in fresh air or spend time in your garden if you have one.

- 4. Get into a routine** – whether it is a 10-minute wake up Pilates session, a family morning workout, a brisk 30-minute walk at lunch (adhering to Government guidance) or a workout in your living room. If you set a time, this will help you continue leading an active lifestyle.
- 5. Don't compare and despair** – social media is saturated with individuals regularly posting about their intense workouts. We all live different lives, with contrasting goals, pressures and interests, so focus on what you can achieve within your environment. Some days will feel much easier than others, this is normal!



# Home Based Physical Activity



- Equipment free 10-minute workout videos ranging from bums & tums to cardio specific, all for free: [www.nhs.uk/live-well/exercise/10-minute-workouts/](http://www.nhs.uk/live-well/exercise/10-minute-workouts/)
  - Strength and Flexibility Plan: [www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/](http://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/)
  - Everyone Health YouTube: [www.youtube.com/channel/UCZNboVyonXXXx0\\_HkZJVBfg/videos](http://www.youtube.com/channel/UCZNboVyonXXXx0_HkZJVBfg/videos)
  - Chair Based Exercises: [www.nhs.uk/live-well/exercise/sitting-exercises/](http://www.nhs.uk/live-well/exercise/sitting-exercises/)
  - Belly Dancing for Beginners: [www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/](http://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/)
  - Home workouts are an easy way to help you reach your exercise goals, so give them a go: [www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/](http://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)
  - This workout routine is ideal for people who might not have taken part in sport or activity for a while and are looking for that first step into getting active again: [www.parasport.org.uk/home-workout-kris](http://www.parasport.org.uk/home-workout-kris)
  - A range of exercises for people with MS. These workouts are designed for different levels of mobility: [www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms](http://www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms)
  - Think Active use the power and potential of sport & physical activity to enable future generations to have healthier more prosperous lives. They have brought together activities both indoors and outside: [www.thinkactive.org/wethinkactive/#covid](http://www.thinkactive.org/wethinkactive/#covid)
  - For more home based activities, please visit Sport England at [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)
  - For chair based strength and balance exercises [www.youtube.com/playlist?list=PL9f3C4Fbo5T-PPGxMZvK7B2NTYzdSI2QH](http://www.youtube.com/playlist?list=PL9f3C4Fbo5T-PPGxMZvK7B2NTYzdSI2QH)
- Warwickshire County Council has no control over the nature, content and availability of the above sites and is merely signposting well-known organisations. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.*

# Physical Activity Outside

Please remember, if you're going outside to get fresh air and to be active, you should do so locally, staying close to your home and avoiding places where it may be hard to follow the guidelines. Please always follow the latest **official advice on social distancing**.

Walking is one of the easiest forms of physical activity, no exercise gear required and completely free. Download the **One You** App for your free Active 10 walking tracker app: [www.nhs.uk/oneyou/apps/](https://www.nhs.uk/oneyou/apps/)

The Couch to 5k app gives you week by week guidance via podcasts and helps you track your progress: [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

A walking meditation is designed to bring body and mind in sync while we're out and about. The Headspace app has exercises, varying from 3 to 10 minutes to bring you into the present moment so that you can better connect with the here and now, wherever you happen to walk: [www.headspace.com/meditation/walking-meditation](https://www.headspace.com/meditation/walking-meditation)



# Be at one with Nature

- Connect with nature and unwind with the support of the Wildlife Trust: [www.wildlifetrusts.org/looking-after-yourself-and-nature](https://www.wildlifetrusts.org/looking-after-yourself-and-nature)
- Ever seen an Osprey, Badger or Peregrine Falcon? Watch the Wild in Action: [www.wildlifetrusts.org/webcams](https://www.wildlifetrusts.org/webcams)
- Simple, nature-based activities you can enjoy together at home or in your garden with the Woodland Trust: [www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/](https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/)
- Want to take part in a Wild Challenge with the RSPB? [www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/](https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/)



# Families

- 10 minutes shake up games for the whole family with Change4Life: [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups)
- Information about tummy time, baby moves and playtime with Start4Life: [www.nhs.uk/start4life/baby/baby-moves/](http://www.nhs.uk/start4life/baby/baby-moves/)
- Disney Dance Work for the family: [www.thisgirlcan.co.uk/activities/disney-workouts/](http://www.thisgirlcan.co.uk/activities/disney-workouts/)
- For more family based activities, please visit Sport England at [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)



## Let's Get Moving Team Exercise

Work through each movement, exercising for 30-60 seconds each

### Air Punches



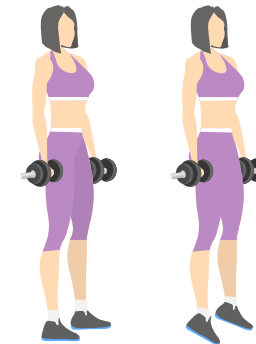
### Heel flicks



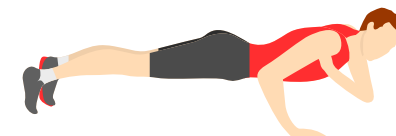
### High Knees



### Calf Raises



### Shoulder Taps



# Stretches - Hold each stretch for 15 seconds

