

## Active at Home

Generally, to stay healthy adults are recommended to get around 30 minutes of moderate to vigorous physical activity on most days, while children should get 60 minutes of this same level of physical activity every day. More about the guidelines on activity can be found here <https://www.nhs.uk/live-well/exercise/>

Getting your recommended levels of activity can be difficult during COVID-19 restrictions but taking advantage of the opportunity get out in the fresh air to do one form of exercise outside each day, for example a walk, run, or cycle (alone or with members of your household) can help reduce stress and help you feel more positive and energised. If you're finding it difficult to meet the recommended levels try starting small and build up slowly. Set yourself manageable goals by counting your steps or timing your activity and doing a little more each day.

All activity is good for you and more is better. Break up your sitting time too. Try standing up and doing some stretching at least once an hour. If you're working from home the ideal routine is 20 minutes sitting, eight minutes standing and two minutes stretching. If you're finding it difficult to remember to move regularly, can you set an alarm on your phone?

Below are some links to examples of how you can be active at home. There are lots more for different levels of fitness, different interests and age groups that you can find by searching the internet or through social media sites like Facebook and Twitter.

There is guidance on outdoor activity at the end of the document too.

Feel free to share your favourite activity ideas and links and if you Tweet them to me I'll share them too @ActivelyJohn

### **NHS Inform**

Latest guidance about COVID-19 from NHS Scotland and the Scottish Government, including social distancing and stay at home advice.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

### **Scottish Government Activity Guidance**

As part of the effort to keep everyone moving 'Actify' will be working with Scottish Government to host their physical activity guidance on the Actify digital platform and providing free webinars and support sessions to help you do the same. So it may be worth keeping an eye on Actify for more information as it develops.

<https://go.actify.org.uk/covid19-support/>

Here are some ideas to get you started

### **NHS Live-Well: Exercise**

An excellent place to start. Exercise info, guidance, explanations, tips, apps, videos, 'Couch to 5k'; Fitness Studio Exercise Videos – aerobics, belly dancing, yoga, meditation, pilates. Exercises for all – beginners and intermediate, workouts, chair based exercise, exercises for people affected by knee problems, back problems, arthritis, scoliosis, osteoporosis, MS and fibromyalgia included.

<https://www.nhs.uk/live-well/exercise/>

### **Home Based Exercises & Workouts**

Home-based strength and cardio workouts for adults:

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

Five-week strength and flex programme:

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

The Body Coach

Joe Wicks P.E., Kids Workouts to do at Home, Home Workouts for Seniors, and lots of other workouts. All free.

<https://www.youtube.com/user/thebodycoach1>

Yoga course

30 days of Yoga on YouTube.

<https://www.youtube.com/watch?v=oBu-pQG6sTY>

Stay In Work Out - Sport England also have a useful page with lots of links:

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

### **Apps**

#### **Active 10**

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones. <https://www.nhs.uk/oneyou/apps/>

#### **Couch to 5K**

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions. <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

#### **My Wellness**

My Wellness is a FREE app that allows you to track your fitness progress, save your workouts and monitor your fitness goals online from your phone!

<https://www.westlothianleisure.com/xcite-activities/adult/gym/my-wellness-app/>

## **Pregnancy, Babies and Younger Children**

The Mummy Bubble: 40 fun activities to do with your baby at home

<https://themummybubble.co.uk/40-fun-activities-baby-home/>

Yoga, mindfulness and relaxation designed especially for kids aged 3+ on YouTube

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

Active for Life: 49 fun physical activities to do with kids aged 2 to 4 which you might be able to adapt for your garden or living room

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

## **Children & Young People**

Change4Life indoor games for children – <https://www.nhs.uk/change4life/activities/indoor-activities>

Change4Life accessible activities for children -

<https://www.nhs.uk/change4life/activities/accessible-activities>

## **Physical Activity & Learning at Home**

Physical Activity mixed with classroom learning (at home) BBC Supermovers is a campaign from the Premier League and BBC to help get a generation of pupils up and moving while they learn. [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

## **Exercise in pregnancy guidelines**

<https://www.nhs.uk/conditions/pregnancy-and-baby/pregnancy-exercise/>

## **Older People**

Stay Active at Home (Chartered Society of Physiotherapy)

A simple set of exercises designed especially for older people to help everyone stay active at home.

<https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>

Paths for all have the following video <https://www.youtube.com/watch?v=2ZplzbLmfz0> for Strength and Balance and <https://www.pathsforall.org.uk/walking-for-health/strength-and-balance/strength-and-balance-exercises> leaflet that might be useful

Seated strength and flexibility exercises for adults with mobility issues:

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

**Midlothian Ageing Well** Facebook page has a range of workout videos

[https://www.facebook.com/pg/Ageing-Well-Midlothian-108505023900886/videos/?ref=page\\_internal](https://www.facebook.com/pg/Ageing-Well-Midlothian-108505023900886/videos/?ref=page_internal)

**East Lothian Ageing Well** East Lothian's Facebook page is a good way to keep up with ideas, activities and information for older people in East Lothian

<https://www.facebook.com/AgeingWellEastLothian/>

## **Get Active with a Disability**

<https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

### **Advice for wheelchair users**

<https://www.nhs.uk/live-well/exercise/wheelchair-users-fitness-advice/>

### **Exercises for back pain and safe exercising advice**

<https://www.nhs.uk/live-well/exercise/?tabname=exercise-tips>

### **British Sign Language NHS Inform COVID-19 Advice**

British Sign Language video explaining steps you can take to help avoid infection from coronavirus (COVID-19) and self-isolation advice.

<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-and-conditions/coronavirus-covid-19>

### **Learning Disability friendly Coronavirus Advice**

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)

## **Mental Health Support**

### **Young People**

**Young Minds:** Organisation dedicated to supporting young people's mental health. Also has a parent support line

<https://youngminds.org.uk/>

### **General Mental Health**

**Mental Health Foundation:** Looking after your mental health during the Coronavirus outbreak

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**Scottish Association for Mental Health:** Coronavirus support info

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>

**Support in Mind Scotland:** Coronavirus support info

<https://www.supportinmindscotland.org.uk/listing/category/coronavirus-support-guidance>

**Breathing Space:** Mental health support and information for people in Scotland as well as confidential phonenumber for over 16's (0800 83 85 87)

<https://breathingspace.scot/>

## Lothian

Edinburgh Active Schools Activities A-Z (Alphabetical activity challenge)

<https://www.joininedinburgh.org/sports/active-schools/activeathome/>

### Edinburgh Leisure

Fitness at Home: Links to Les Mills workouts, NHS Advice and Fit for Health Fitness Class delivered by Edinburgh Leisure on YouTube <https://www.edinburghleisure.co.uk/fitness-at-home>

<https://www.youtube.com/watch?v=fMH2XFYCP4E&lc=z23xxlmjyun1hza1uacdp431ql3ve1xd1ks2cuacx3tw03c010c>

### West Lothian Leisure

Free Les Mills Workouts <https://www.westlothianleisure.com/>

#### My Wellness App

My Wellness is a FREE app that allows you to track your fitness progress, save your workouts and monitor your fitness goals online from your phone.

<https://www.westlothianleisure.com/xcite-activities/adult/gym/my-wellness-app/>

Also see the Facebook page for more info and links to activities

<https://www.facebook.com/Xcitewestlothianleisure/>

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The **Active East Lothian** Twitter account @ActiveEL is a good place to keep up to date with sport and physical activity news from East Lothian <https://twitter.com/ActiveEL>

**Health All Round/Wester Hailes Health Agency Active Steps Programme** exercise videos can be found on the Health Agency Facebook page.

<https://www.facebook.com/pg/WesterHailesHealthAgency/videos/>

## Active Outdoors during COVID-19

The below guidance should explain what you can and can't do during this period.  
(adapted from Public Health England website)

- Taking daily exercise is one of the four reasons the government has advised that it is fine to leave your household for.
- You can do one form of exercise outside each day, for example a walk, run, or cycle – alone or with members of your household.
- While you're out, always keep at least two metres or more away from anyone outside of your household. This will stop the virus spreading.
- Minimise time outside and wash your hands when you return home.

### If you are self isolating

- If you're self-isolating (for example if you're over 70, pregnant or have an underlying health condition) but feel well, you can also go outside with the same caveat of keeping your distance from others.
- If you're self-isolating because you have symptoms, or someone in your household has them, or you're defined as extremely vulnerable on medical grounds, you shouldn't leave home but that doesn't mean you should stop moving. It's really important to use movement and activity as a way of breaking up your routine, but only if you feel well enough.

### If you are unwell

- If you're unwell, use your energy to get better and don't try to be active. If you can get out of bed, then do so, but don't try to do too much.
- Finally, if you're feeling better after having had the virus, return to your normal routine very gradually and make sure to have additional rest periods during and after exercise.