

STAY HOME STAY ACTIVE

Many of us are now working from home, and are less active than when we commuted to work. Not only does being active make us feel good, it can also be important for our physical and mental wellbeing.

What can I do?

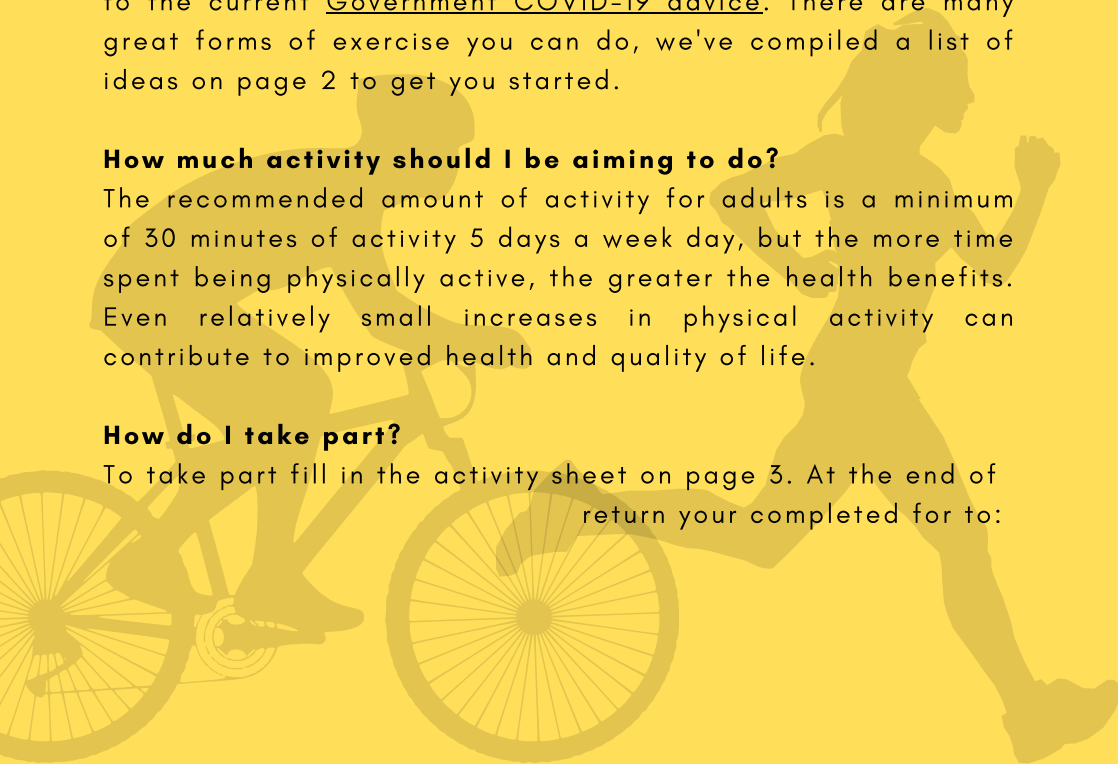
Do whatever form of activity you enjoy, as long as you adhere to the current [Government COVID-19 advice](#). There are many great forms of exercise you can do, we've compiled a list of ideas on page 2 to get you started.

How much activity should I be aiming to do?

The recommended amount of activity for adults is a minimum of 30 minutes of activity 5 days a week, but the more time spent being physically active, the greater the health benefits. Even relatively small increases in physical activity can contribute to improved health and quality of life.

How do I take part?

To take part fill in the activity sheet on page 3. At the end of the activity sheet, please return your completed form to:



1. Go out on a bike ride! You could even join [Love to Ride](#) to record your rides, share photos and encourage others.
2. Walking is one of the easiest ways to get active, check out our [suggested walking routes](#) to get started.
3. Want to start running but out of practice? Why not try the NHS [Couch to 5k](#) program
4. [The Body Coach TV](#) is the home of Joe Wicks. There are hundreds of fun and free workouts for all fitness levels that can be done at home with no equipment.
5. Join an online yoga class. Try [Yoga with Adriene](#) to start.
6. [MoveGB](#) are offering lots of online classes from local providers at £1 per week.
7. The [NHS free 10 min workouts](#) that you can try at home.
8. Challenge yourself to see how many flights of stairs you can climb in a day/week/month. Can you scale:
 - i. Cabot Tower 9 flights
 - ii. Glastonbury Tor 61 flights
 - iii. Snowdon 475 flights
 - iv. Mont Blanc 2,028 flights
 - v. Everest 3,871 flights
9. Dance to your favourite tunes (alone or online with your friends) - eight songs last about 30 minutes, so make sure you choose your best bangers to get your heart rate up.
10. [Gardening](#) is a great way to tone the whole body. If you have an allotment please try to walk or cycle there if possible.
11. Joe Wicks has lots of free [workouts for kids](#) that are fun and can be done at home with no equipment. Joe's has a live YouTube workout for kids weekdays at 9am
12. Fancy trying something different? [Qigong](#) is a moving meditation that gets you active and has benefits of meditation.

Please exercise responsibly, you are performing the exercises linked to at your own risk.

ACTIVITY SHEET

BEFORE YOU START

Name:

Email address:

How active are you now?

How active do you want to be?

How will activity fit into your routine?

EACH DAY

Record how active you have been each day. There are many free health and activity tracker apps to help you keep track of how active you are.

REVIEW YOUR PROGRESS

Have you been as active as you wanted to be?

What worked?

What could you improve?

AT THE END - SUBMIT THE COMPLETED FORM TO:

