Some ways to keep active whilst staying indoors

Doing some physical activity will help boost your immune system and your mood. It can help manage some health conditions and make you feel more able to do everyday tasks.

The current government guidelines are that we can go out to exercise several times a day (1st June 2020). If you can get out, make the most of it by swinging your arms and walk briskly for some of the time. Now you can meet up to 5 other people but still try to stay at least 2m apart.

There is a lot you can do whilst **indoors** and you do not need any special equipment.

Some guidelines are:

- KISS..... Keep It Safe and Simple.
- Work at your own limit, pay attention to how your body feels.
- Wear suitable shoes and loose fitting clothing.
- Make sure you have enough room to move and not knock into anything. Ensure any mats are not going to slip. If you are using a chair for support, make sure it is steady enough.
- Create a daily routine and build short sessions of physical activity into your day. Even 10 minutes' activity is great, especially if you can do this a few times a day
- **During the day, get up every hour and move around.**
- Mix it up with activities to increase your heart rate, and improve strength, flexibility and balance.

1. Stairs If you have stairs, climb a flight and go back down again. Gradually build up the number that you do. Or use the bottom step or your doorstep and step on and off a few times. Make sure that you swop over the leg that steps up first.

2. Balance – be like a 'Tree' (You can do this holding onto a wall, table or chair back if you need support) Stand up straight. Lift one foot and place the sole against the other leg. You can put it against your ankle or higher up as you feel able. If hard to balance, keep your toes on the ground as you get used to the pose. Hold for a few seconds before putting your leg back down. Repeat with other leg. Increase the time that you stand like a tree as you are able. For a greater challenge hold your arms out to the side or above head.

3. Dance – play some music and just move as you can. You can dance, jump, skip move your arms, stretch and bend – enjoy it! It's a great way to get rid of tension. Can you do 10 minutes? Gradually, increase the time and how hard you work. You can work harder by making larger or faster movements eg take bigger steps, raise your arms above head

4. Tone and strengthen your arms and shoulders. Make weights from what you have at home – tins of beans or soup or fill bottles with water – 1 litre weighs 1kg. Put tins or filled bottles in a carrier bag and use as a 'kettle ball' or as a heavier weight. Hold a 'weight' in each hand and stretch out your arms to each side. Move your arms in circles keeping them straight. Change directions and circle the other way. To work front of arms, hold your arms down straight and then bend elbows to raise the weights. To work the back of your arms, keep your arms straight and raise them backwards, bend your knees a little and lean slightly forwards to work harder.

Five seated exercises that will work almost all the muscle groups

(based on the British Heart Foundation information from www.bhf.org.uk)

- Use a steady upright chair.
- Sit up straight, slightly away from the back of the chair with your feet flat on the floor.
- Hold the sides of the chair if you want to.
- Do each exercise at a steady pace and rest in between each one if you want to.
- Try to do the whole set for five to ten minutes, once a day to begin with.

1. Knee Extension.

Keep both knees together with your feet on the floor.

Straighten one leg in front of you. Hold for one second, then slowly re-bend the leg until the foot is resting on the floor again.

Repeat with the other leg. Do a few extensions of each leg.

2. Seated Rowing.

Hold your arms straight out at shoulder level, with your thumbs up

Pull your elbows back, squeezing your shoulder blades together until

your upper arms are in line with your sides.

Extend your arms again and repeat a few times.

3. Toe lifts.

Lift the toes of each foot, keeping your heels on the floor.

Put down your toes and lift your heels, gently squeezing your calf

muscles as you do.

Repeat with your legs almost straight in front of you.

4. Seated March.

Lift your left leg with your knee bent.

Put your foot down again.

Repeat with the other leg.

Try to control the movements and do a few with each leg.

Option: swing your arms with each step with your elbows bent, moving opposite arm to leg

5. Overhead Press.

Bend your arms up, so your wrists are by your shoulders.

With control, punch out across your body, slightly twisting at the same time.

Return to start position and switch to the other arm. Repeat a few times on each side.