# 10 ways to stay active at home

After such a strange year, we’ve all had to adapt to the ‘new normal’. Whilst we’re increasingly able to leave the house to exercise, many don’t yet feel comfortable doing so. For that reason, we’ve compiled a list of 10 ways you can stay active from the safety and comfort of your own house.

For more resources, workouts and guidance on ways you can remain physically active at home, be sure to check out: [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)

1. Everyday activities count!

A lot of people are concerned they can’t fit physical activity into their lives. However everyday tasks and chores such as cleaning, gardening, and changing the sheets are all things that are making your body move, so it all counts towards keeping you active!

2. Hop into a virtual class

Since the pandemic began, virtual classes via Zoom or Google Meets have become more and more popular. You can do your favourite workout, or try a brand new one from your living room.

3. Check out YouTube for a range of fun and free videos to move along to

If the times of the online classes don’t work, or you don’t want to join in with others, then why not have a quick look on Youtube? Several fitness instructors have created free videos you can exercise or dance along to in your own time. There are lots of specialist classes out there too, so try searching for mum to be (we like the [#BeFitForBaby](https://www.youtube.com/channel/UCMuMcMTI7XsOTBrCdb2SWuw), [Older People Friendly Exercise Sessions](https://www.youtube.com/playlist?list=PLyGI_s53wmI_REkPxBvrCg-w_eJvXGLuN), or kids (we love the [ThisGirlCan Disney dancealongs](https://www.youtube.com/playlist?list=PLblqtunh34T0RaoTyPoQDtPLov5_tAcMx) for mum and kids!)

4. Do extra activities whilst standing around

Waiting for the kettle to boil? Try and do some squats or gentle heel raises. You can do the same whilst you’re washing up, or even waiting for your food to cook. Be sure to hold onto the bench for support if you need to.

5. Get that redecorating done

Got some redecorating you’ve been putting off? Why not tackle it head on? Get painting or moving – just make sure you have help for any heavy furniture to avoid injuries.

6. Take the long route where possible

If you live in a block of flats, take the stairs instead of the lift. If you need to go and grab some milk, resist the urge to hop in the car and try walking or cycling there.

7. Set yourself goals each day

For example, you could aim for 15 minutes of exercise in the morning, and 15 minutes of stretching in the evening. By setting aside short amounts of time in your day, you’re more likely to achieve these goals.

8. Challenge yourself

if you were able to reach 5,000 steps yesterday, aim for 5500 today. If you were able to do 15 minutes of exercise yesterday, try and aim for 20 today.

9. If working from home, adapt your workstation if you are able

Many people have found that using a standing desk or occasionally swapping their chair for a balance ball have allowed them to get some more physical activity into their day. If you’re not able to adapt your workstation, you could try doing small exercises at your desk such as marching on the spot or doing leg planks whilst sitting down.

10. Make the most of the area around you.

Try and get outside for a bit, even if it’s just in the garden or in your street. A short walk outside each day can help reduce stress symptoms and improve your sleep pattern.