**Active at Home and Active Outdoors Social Media Toolkit**

We developed a suite of resources to support people to be active at home during the coronavirus pandemic. We have now expanded this offer to include **exercises to boost mental health, and activities for the 0-5s.**

The objective of these resources is to encourage people to be active, whether it’s at home, or outside in line with government guidelines.

**Facebook**

Active at Home

Whilst we may now leave the house for daily exercise, not everyone feels comfortable doing so. Find tools from @ActiveNorfolk to help you stay active at home throughout lockdown:

🏡 Join virtual classes or download an exercise at home toolkit

✅ Find exercises to help relieve tension and stress

🌳 Research local trails and woodlands where you can get out but avoid crowds

Find out more at [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)   
  
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Don’t let lockdown slow you down. There are plenty of ways to keep moving from the safety and comfort of your own home.   
  
You could take part in a zoom workout, dance along with a Youtube video, or take part in some quick exercises whilst doing everyday bits around the house.   
  
For activity tips and other resources from @ActiveNorfolk, take a look at [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)  
  
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Lockdown took its toll on all of us. Keep in touch with your own mental wellbeing this spring, and one of the best ways is to make physical activity a regular part of your day where possible.

There are plenty of tools for being active at home from @ActiveNorfolk, including some wellbeing and breathing exercises for those who just need to slow things down a little. Find more useful resources at [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)

Active Outdoors

There’s nothing quite like a fresh spring walk or cycle ride. Pull on your wellies and explore what your local area has to offer, with the added bonus of boosting your mood and keeping active! Need inspiration on where you can explore locally and safely social distance? Check out @ActiveNorfolk [www.activenorfolk.org/active-outdoors](http://www.activenorfolk.org/active-outdoors) 🌳

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It’s important we continue to take care of our mental wellbeing. Being active outside for just 10 minutes a day can boost your mood and reduce stress. Find ideas on where to go with @ActiveNorfolk [www.activenorfolk.org/active-outdoors](http://www.activenorfolk.org/active-outdoors)

Active Kids

When our bodies active our brain gets active too, so an active break or an active learning session can help to prime young minds for learning. @ActiveNorfolk has a range of activities that can be rolled out for rainy days or after school clubs to keep kids moving. Find out more at [www.activenorfolk.org/active-at-home-kids](http://www.activenorfolk.org/active-at-home-kids)

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It can be hard to keep up with the little'uns! But keeping young children active helps their growth and muscle development, but mentally stimulated which helps early brain development.

Check out resources from @ActiveNorfolk for keeping the little ones entertained and active at [www.activenorfolk.org/active-younger-kids](http://www.activenorfolk.org/active-younger-kids)

**Twitter**

Active at Home

Still working from home? Take regular active 10 minute breaks and you’ll be giving your body and mind a much needed boost. Find workouts and tips to reduce your time spent sitting down at @ActiveNorfolk at [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)

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Being active can help you build strength and resilience if you're recovering from illness or living with a long-term health concern. Find gentle and accessible exercise resources, downloadable exercise guides and more to help you from @ActiveNorfolk at [www.activenorfolk.org/active-at-home](http://www.activenorfolk.org/active-at-home)

Active Outdoors

If you’re feeling unsure about heading outside for your hour of exercise, visit [www.activenorfolk.org/active-outdoors](http://www.activenorfolk.org/active-outdoors) to find cycle paths 🚴, trails, #accessible walking routes, and woodlands where you can be #ActiveOutdoors and avoid crowds 🌳

Breathing in the fresh air can help reduce anxiety and boost your mood. Find parks and trails near you where you can easily keep a safe social distance and get a spot of exercise. Find inspiration to be #ActiveOutdoors at [www.activenorfolk.org/active-outdoors](http://www.activenorfolk.org/active-outdoors)

Active Kids

Keeping little ones moving is essential for brain development, not just their physical development. @ActiveNorfolk has resources to keep the little ones active indoors, and ideas to keep them entertained while parents get a bit of work done! <https://www.activenorfolk.org/active-younger-kids>