Physical activity opportunities during COVID-19
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Stay active at home

• Whilst we are all staying safe at home during the current coronavirus crisis, it's more important than ever that we all stay as active as we can.

• Even a small amount of activity will have a positive impact on your physical and mental health, and there's plenty you can do at home.

• Gym equipment isn’t needed to stay active at home.

• Break up long periods of sitting by getting up and moving for at least five minutes each hour, this could as simple as walking up and down the stairs or even on the spot.
Stay active at home

• As with any kind of physical activity, start slowly and gradually, build up the time and intensity of your workouts, and don't forget to warm up and cool down!
Activity at home ideas

Active Norfolk’s website has lots of ideas on how to stay active at home including:

• **Quick home workouts** – for all ages and fitness levels
• **Keep the kids active at home**
• **Exercise for vulnerable people and people with long term conditions**
• **Disability exercises** - includes short, fun and easy to follow videos and can be done at home using everyday objects
• **Gentle home exercise booklet** (produced by Active Norfolk)
• **Active at Home booklet** (developed by Sport England and Public Health England)
Join the Movement

Sport England's 'Join the Movement' campaign gives people fun and creative ideas on how to get active at home.

At the campaign's website Stayinworkout.org you'll find a range of home workout options including existing free exercise content and advice from organisations such as the NHS, and workouts from different fitness brands.
Get some fresh air, if you can

Going for a brisk walk or a gentle jog is proven to help reduce stress and anxiety as well as having lots of benefits for your body. However, follow the latest COVID-19 guidance and:

• stay at home as much as possible
• keep your distance if you go out (2 metres apart where possible)
• wash your hands regularly
• Do not leave home if you or anyone in your household has symptoms.

Get some fresh air, if you can
Outdoor Exercise

- People are now able to exercise outside with up to five others from different households, provided that strict social distancing guidelines are followed and they remain at least two metres apart.

- The latest guidelines permit outdoor sports facilities such as golf courses and tennis courts to reopen, with strict safety measures in place. Search the Active Norfolk’s club directory to find a club in your area.
Walking

Norfolk Trails have a number of different walking routes across the county, they include:

- **Short and circular walks**
- **Health, Heritage and Biodiversity Walks**
- **Access Tested Walks**

You are still able to use the county’s public rights of way but please remember:

- Maintain a 2 metre distance from others you encounter whilst out and respect the people who live and work in the countryside that you are in
- Keep to the public right of way or trail
iPrescribe exercise

• iPrescribe exercise is a free, evidence-based app which analyses health, current fitness level, disease status and resting heart rate, and produces a personalised 12-week physical activity plan that is tailored to your needs.

• It is based on evidence, the programme is designed to provide the best support to protect against and manage long-term conditions and chronic disease, in addition to increasing activity levels.

• Take a look at this short introductory video to help you get started - https://www.youtube.com/watch?v=LDJT3epAr2Q

• Find out more about the app at iPrescribeexercise.com
Online workouts

In addition to the fitness videos on the Active Norfolk website, there are lots of other videos available online for all fitness levels including:

• **Alive Leisure** - live online classes (can also be viewed anytime)
• **The Body Coach** (Joe Wicks)- a range of workout for different levels including children and older people on his YouTube channel
• **NHS Fitness Studio exercise videos** – online workout videos which are suitable for all fitness levels. Videos include aerobics, strength workouts and pilates
• **Fitness Blender** – free workout videos for all fitness levels
• **One You** – home workout videos
Online workouts

• **Dance To Health** - is a fun and creative dance activity. It provides safe and effective exercise which boosts strength and balance while reducing falls

• **Qigong for Health and Wellness** - is offering free, live online qigong classes every weekday at 10am

• **British Heart Foundation** – a range of workouts which can be done at home
Other ways to be active

• **Couch to 5k** - get off the couch and running 5K in just 9 weeks
• **Darebee workout sheets** – over 1,400 free workouts
• **One You Active 10** - free app to help you monitor and gradually increase your brisk walking levels over time.
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