

## Home Exercise Activities

### Older people and people with long-term health conditions

We have put together some ideas and tips to help you increase your activity levels at home. These are particularly useful if you cannot attend community exercise sessions, or if your usual activities are not currently running due to the impact of Covid-19. They can also be done to supplement your other activities and increase your activity levels further.

It is incredibly important to make sure that you feel well enough before exercising, as well as following the health and safety advice and instruction in all videos and handouts.

Try to exercise daily where possible. This can include going for short walks, gardening, and DIY jobs as well as more specific exercise sessions. There are more great ways than you might think to exercise in your own home, with a variety of options that don't require specialist equipment and can be done in relatively small spaces, such as a clear floor space in a living room or bedroom.

Here are some examples of ways you can stay active at home if you are feeling well enough. Remember start gradually and build up slowly if you are new to any of these exercises.

#### **NHS exercise and advice**

The NHS have a variety of exercise routines you can try, including:

Sitting exercises: [www.nhs.uk/live-well/exercise/sitting-exercises/](http://www.nhs.uk/live-well/exercise/sitting-exercises/)

Strength exercises: [www.nhs.uk/live-well/exercise/strength-exercises/](http://www.nhs.uk/live-well/exercise/strength-exercises/)

Balance exercises: [www.nhs.uk/live-well/exercise/balance-exercises/](http://www.nhs.uk/live-well/exercise/balance-exercises/)

Flexibility exercises: [www.nhs.uk/live-well/exercise/flexibility-exercises/](http://www.nhs.uk/live-well/exercise/flexibility-exercises/)

**NHS Strength and Flex exercise plan:** The 5-week plan consists of a series of equipment-free exercises designed to improve your strength and flexibility. The workout instructions and pace are easy to follow to make sure you perform each exercise correctly and in time.

[www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/](http://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/)

**NHS Fitness Studio:** Take your pick from 24 instructor-led videos across aerobics exercise, strength and resistance, Pilates and Yoga categories. These workouts have been created by fitness experts 'InstructorLive' and range from 10 to 45 minutes.

[www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)

**NHS Yoga Video:** Yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing. This 45-minute video is suitable for all fitness levels.

[www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/](http://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/)

Seated Yoga and other illustrated exercise guides are also available at:

[www.nhs.uk/live-well/exercise/gym-free-workouts/](http://www.nhs.uk/live-well/exercise/gym-free-workouts/)

**NHS Pilates Video:** A Pilates-inspired 30-minute workout suitable for people with several conditions including multiple sclerosis, chronic fatigue syndrome, chronic pain and fibromyalgia.

[www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video/](http://www.nhs.uk/conditions/nhs-fitness-studio/ms-and-fibromyalgia-pilates-exercise-video/)

**NHS home workout videos:** One You, Move More 10 minute workout videos

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[www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/](http://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)

### **NHS Apps:**

[Active 10 App](#) Free from the NHS, to help you get started and monitor your walking progress and step counts.

[Couch to 5km](#) This programme can help you build up your walking into jogging and running if you're looking for something with more intensity.

### **10 Today to help older people stay active**

10 minute audio exercise routines available on demand through BBC Sounds.

[www.bbc.co.uk/programmes/m000h00y](http://www.bbc.co.uk/programmes/m000h00y)

### **Age UK Solihull Online PSI videos**

Join in with postural stability instructor Sharon's gentle exercise class videos. All you need for most of them is a chair with a bit of space around it.

[www.ageuk.org.uk/solihull/services/falls/](http://www.ageuk.org.uk/solihull/services/falls/)

### **Couch to Fitness programme**

Couch to Fitness is an at-home exercise plan for beginners. The plan involves 3 video sessions a week, with rest days in between & a different schedule for each of the 9 weeks

Find out more and sign up for free at: <https://ourparks.org.uk/couch-to-fitness>

### **Everyone Active Home Workout & Health Article Library**

Free home workouts & health articles to help you and your family stay fit and healthy at home. Including: 10 Home Arm Workouts, 10 Home Leg Workouts & how to improve your flexibility at home. [www.everyoneactive.com/content-hub/home-workouts/](http://www.everyoneactive.com/content-hub/home-workouts/)

### **Involve Wellness exercise video**

Strong & Steady instructor, Nora, has produced a gentle exercise video to help support participants to stay active & carry on with the exercises learnt in local classes.

[www.youtube.com/watch?v=T\\_yTzELIk6Y&feature=youtu.be](http://www.youtube.com/watch?v=T_yTzELIk6Y&feature=youtu.be)

### **Joe Wicks 10 minute workouts for seniors**

The Body Coach, Joe Wicks, has designed some short home workouts for seniors or for anyone looking for something a bit lighter. These videos can be found on his YouTube channel. There are also some seated workouts to choose from.

[www.youtube.com/playlist?list=PLyCLOPd4VxBvH1ZqD6Vp6vD2C2No1cloe](http://www.youtube.com/playlist?list=PLyCLOPd4VxBvH1ZqD6Vp6vD2C2No1cloe)



### **Join the Movement**

Sport England's campaign, funded by The National Lottery, giving you the advice and tools you need to help you #StayInWorkOut. [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout)

### **Love to Move seated activity programme**

Take part in the British Gymnastics Foundation programme online. Chair-based exercise designed for older people, to help improve memory, balance, flexibility and co-ordination.

<https://britishgymnasticsfoundation.org/take-part-love-move-online/>

### **Make Movement Your Mission from Later Life Training**

A series of short online regular movement sessions which can be done either in a chair or standing holding onto a support. 10 minute sessions, 3x a day, at 8am, midday and 4pm.

[www.facebook.com/groups/MakeMovementYourMission](http://www.facebook.com/groups/MakeMovementYourMission)

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[www.solihullactive.co.uk](http://www.solihullactive.co.uk)

### Move it or Lose it

A series of strength and balance exercise videos for older people.

[www.youtube.com/user/MoveitorloseitUK](http://www.youtube.com/user/MoveitorloseitUK)



### Public Health England 'Active at Home' Booklet

This booklet includes practical guidance for older adults helping you to find ways to build activity in your day and a series of easy exercises to help maintain strength and balance. If done regularly these can increase fitness levels, maintain independence and reduce care need.

[www.solihullactive.co.uk/stay-active-while-at-home/](http://www.solihullactive.co.uk/stay-active-while-at-home/)

#### Active at Home

A guide to being active at home during the coronavirus outbreak



### 'Silver Swans' ballet exercise classes

Fancy doing something different to keep active at home? The Royal Academy of Dance have launched a weekly series of online ballet exercise classes, helping people get moving. YouTube channel: Royal Academy of Dance at Home:

[www.youtube.com/watch?v=INXFCLuEafw&feature=youtu.be](http://www.youtube.com/watch?v=INXFCLuEafw&feature=youtu.be)

### Strengthen and Stretch

Endorsed by FLEXercise, Strengthen and Stretch offers fun and friendly, weekly online exercise sessions for adults and older adults that work the whole body. The videos can be found on their YouTube Channel.

[www.youtube.com/channel/UC6wXtD9ATjIRISVIBuWgC-g/videos](http://www.youtube.com/channel/UC6wXtD9ATjIRISVIBuWgC-g/videos)

### We Are Undefeatable [www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)

This campaign is supporting people with a range of long term health conditions, to get active and stay active. Encouraging people to find ways to be active that work with each person's conditions, not against them. The YouTube channel has a wide selection of videos to choose from, including Tai Chi and Yoga, energising and strength routines.

[www.youtube.com/channel/UCIEmdVc80h7Gft4oLLkwGhw/playlists?disable\\_polymer=1](http://www.youtube.com/channel/UCIEmdVc80h7Gft4oLLkwGhw/playlists?disable_polymer=1)

### Health Condition Specific Support

**Alzheimer's UK:** Leading a physically active lifestyle can have a significant impact on the wellbeing of people with dementia [www.alzheimers.org.uk/get-support/daily-living/exercise](http://www.alzheimers.org.uk/get-support/daily-living/exercise)

**British Heart Foundation:** Information, advice & fantastic workout resources that you could follow, including:

- Video: [10 strength exercises](#) to do at home
- Video: [10 minute living room workout](#)
- Guides to [chair-based exercise](#) and [chair yoga](#)
- Video: [Strength exercises using everyday objects](#)



**British Lung Foundation:** Information, advice & exercise videos that you can join in with.

[www.blf.org.uk/support-for-you/keep-active/exercise-video](http://www.blf.org.uk/support-for-you/keep-active/exercise-video)

**Chartered Society of Physiotherapy:** Dedicated videos to help manage pain and certain conditions. Including: Back pain, Shoulder pain, Neck pain, Knee pain, Foot pain, Tennis Elbow and Carpal Tunnel Syndrome.

[www.csp.org.uk/public-patient/keeping-active-healthy/exercise-advice-videos](http://www.csp.org.uk/public-patient/keeping-active-healthy/exercise-advice-videos)

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[www.solihullactive.co.uk](http://www.solihullactive.co.uk)

**Diabetes UK:** Information & advice on how being physically active is good for diabetes  
[www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise](http://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise)

**Macmillan Cancer Support:** Information, advice and a free Move More Pack and DVD you can order online. <https://be.macmillan.org.uk/be/p-24948-move-more-your-guide-to-becoming-more-active.aspx>

Information on specific cancer types can be found on other charity websites, including:

- [Breast Cancer Now](#) has physical activity advice and even some [videos](#) to join in with.
- [Prostate Cancer UK](#) shares physical activity advice and personal stories.
- [Leukaemia Care](#) includes physical activity recommendations and workout [videos](#).

**Mind:** Information about how physical activity can help your mental health, and tips for choosing an activity that works for you.  
[www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/](http://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/)

**MS Society:** Advice & support including a selection of videos of simple exercises for MS  
[www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms](http://www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms). Pilates for MS (including mat, seated and standing options) is also on the website.

**Parkinson's UK:** Their very own YouTube channel is full of exercise and Parkinson's videos [www.youtube.com/playlist?list=PL1ixQpbHed3ZS0iZKlb4RKmtM2JjMadv](http://www.youtube.com/playlist?list=PL1ixQpbHed3ZS0iZKlb4RKmtM2JjMadv)

**Royal Osteoporosis Society:** Useful exercise videos and fact sheets that are good for bone health and/or if you have osteoporosis. <https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis>

**Versus Arthritis:** Tips for exercising with arthritis and exercises to help you manage your pain [www.versusarthritis.org/about-arthritis/exercising-with-arthritis/](http://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/)



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**I SAID ONE DAY.  
THIS IS DAY ONE.**

Get help and support to get active at [nhs.uk/BetterHealth](http://nhs.uk/BetterHealth)

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[www.solihullactive.co.uk](http://www.solihullactive.co.uk)