

# Step into Solihull April Newsletter

## COVID-19

It is incredibly important to follow the latest Public Health advice for protecting yourself and others from Coronavirus COVID 19; this can be found at [Gov.UK](https://www.gov.uk). Information and advice is also available from the [NHS](https://www.nhs.uk).

Stay safe, Stay Well, Stay Active

## How to Stay Active While at Home

We're all now spending a lot more time at home and that means it's getting harder to keep active. We have put together some ideas and tips to help you get active at home, if you're well enough.

The Chief Medical Officer's own physical activity guidance highlights the benefits of maintaining muscle strength, balance and flexibility.

These specific exercises are great for all ages, but particularly if you're over 65:

- > [Sitting exercises](#)
- > [Strength exercises](#)
- > [Balance exercises](#)
- > [Flexibility exercises](#)

Organisation	Description	Link
iCareiMove	Free video workouts for older people including chair based exercises and handy tips to improve your circulation and mobility	<a href="https://www.icareimove.com/free-workouts/">https://www.icareimove.com/free-workouts/</a>
Move It or Lose It	Move it or Lose it has created a series of fitness videos for older people	<a href="https://www.youtube.com/user/MoveitorloseitUK">https://www.youtube.com/user/MoveitorloseitUK</a>
NHS Sitting Exercise	Sitting exercises are great for all ages, but particularly if you're over 65	<a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>
Audio: Physical Activity for Older People	A programme designed for older people	<a href="https://www.bbc.co.uk/programmes/p087xy4c">https://www.bbc.co.uk/programmes/p087xy4c</a>



## Getting Outside

**Currently each day you can still exercise outside, once per day.**

As long as you are well enough, this includes going for a walk, a bike ride or a jog/run. This must be done either on your own or with members of your household, and please always follow the social distancing advice. Avoid places where larger numbers of people may be and keep your activity very close to home.

If you have a garden then this is also a great space for being active. You can do some home exercise routines in the garden and enjoy the fresh air if you are well enough, and also do some gardening, such as mowing the lawn, weeding, and pruning. Try not to do too much at once by breaking your gardening into smaller chunks of exercise. This will also help you to avoid long periods of sitting down, which aren't good for us.

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**Together we can help to keep safe, keep calm and keep well:** Communities and Solihull Council working together to tackle COVID-19.

- 5 ways you can help to support yourself, your loved ones and your community
1. **Talk:** Start a group conversation with household members, other relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community.
  2. **Plan:** Plan ways to provide practical care for those who might be at greater risk.
  3. **Identify:** Identify and set up an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
  4. **Create:** If you are self-isolating create a daily routine that prioritises looking after yourself. Make sure you exercise and eat well – there are lots of free exercise classes on TV and YouTube.
  5. **Share:** You may want to share your skills, time or resources by volunteering for a local organisation that help people, or you may want to donate money, food or supplies to your local food bank

Full Advice: <https://www.solihull.gov.uk/Portals/0/Coronavirus/Covid-19-Community-Advice.pdf>

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## Top Five Tips

1. **Make good habits** – Plan your day including how and when you will be active. You can use a diary or the alarm on your phone to set reminders. A good example is a 30 minute reminder to get up and move around so that you're not sitting for long periods of time.
2. **Get moving at lunchtime** – Make the most of a well-earned break from work or chores. Maybe schedule in your daily walk, or get some fresh air in the garden if you have one.
3. **Stand up instead of sitting** - Try standing when you can instead of sitting, even short periods will add up and improve your strength. For example, when you're on the phone to a friend or family member.
4. **Keep moving all day** – Move more each day, try standing up and moving during TV advert breaks or episodes.
5. **Take up a hobby** – Active hobbies such as gardening and DIY can be great for keeping active and healthy, as well as for your home.

