

## Physical activity for adults, older adults and people with disabilities

### How to stay active this winter while you're 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 well enough.

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.

---

### Getting Outside

You should minimize time spent outside your home.

It's against the law to meet socially with family and friends unless they're part of your household or support bubble. You can only leave your home to exercise, and not for the purpose of recreation or leisure (e.g. a picnic or social meeting). This should be limited to once per day and you should travel outside your local area.

#### You can exercise in a public outdoor place:

- By yourself
- With the people you live with
- With your support bubble (if you're legally permitted to form one)
- In a childcare bubble where providing childcare
- Or, when on your own, with one person from another household
- Remember to Wash Hands, Cover Face, Make Space

#### Public outdoor places include:

- Parks, beaches, countryside accessible to the public, forests
- Public gardens (whether or not you pay to enter them)
- The grounds of a heritage site
- Playgrounds

There are, however, two exemptions to the national lockdown restrictions for sport and physical activity:

- Organised outdoor sport for disabled people is allowed to continue
- Elite sportspeople (and their coaches if necessary, or parents/ guardians if they are under 18) – or those on an official elite sports pathway – are allowed to meet in larger groups to compete or train.

Find out more about the latest government advice [here](#) as it will change regularly

Why not try the free [Active 10 App](#), from the NHS, to help you get started and monitor your walking progress.



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

For cycling the [Beginners 8 Week Sofa to 50km](#) plan, from British Cycling is worth a look.

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.



---

### #StayInWorkOut

In Winter we spend more time at home and that means it's getting harder to keep active. So, whether it's first thing in the morning, a break from the makeshift home-office at lunch, or a way to kick off your Friday night, there's something for everyone, available whenever you need it:

- [Sport England](#) have a selection of online exercise platforms with on demand fitness content who either provide free access or offer extended trials i.e. mind and body, strength, endurance, yoga and mobility plus access to Les Mill and FIIT.
- [Everyone Active](#) offering FREE workouts on social media. You can turn your house into your own mini-gym to keep active.
- [The NHS](#) has something for everyone including gym-free workouts and home workout videos for aerobic exercise, strength, yoga and pilates.
- [BBC Get Inspired](#) has 9 short exercise programmes brought to you by our Olympic Heroes, in their 2019 series of #WorkoutWednesday routines.

Everyone should aim to be physically active every day. Any activity is better than none and the more you do the better, even if it's just [light activity](#). Don't forget if you're new to doing a certain type of exercise then start gradually, split your exercise into manageable chunks and build up gradually.

Do activities that improve [strength](#) on at least 2 days a week, and if you're aged 65+ then add balance and flexibility exercises into your routine twice a week as well.

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

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

If you have a disability, the [Activity Alliance](#) has compiled a really useful selection of ways you can keep active at home. Being active is about finding what works for you, particularly when the way you feel can change from day to day. This includes:

- Parasport home workout routines
- Sofa Superhero Workouts
- Change4Life accessible activity guide
- 10 Today Live short ten minute routines



And if you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share with others.

---

### 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.
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.
3. **Stand up instead of sitting** - Try standing when you can instead of sitting, even short periods will make a difference. For example, when you're on the phone to friends/family
4. **Keep moving all day** – Try standing up and moving during TV ad 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.

