

Keeping Active at Home

We understand it can be difficult to keep active when having to stay at home. It is, however, important to move more for your physical and mental health and wellbeing. If you are able to build some activity into your daily routine it will help manage stress and anxiety and just generally make you feel better.

You may have seen or heard Prof. Chris Whitty (Chief Medical Officer) on the television or radio recently saying that being physically active is very important to long-term health and *“there is no age and no condition where exercise is not a good thing”*. He added *“we definitely want those who are shielding to exercise too, so the message for them is to exercise indoors”*.

It's never too late to start being active.

There are **6 Easy Exercises** on the reverse of this sheet which are recommended by the Chartered Society of Physiotherapy to help you stay active, lift your spirits and reduce stress. Some of the exercises (heel raises & toe raises) can also be undertaken whilst seated on a chair. Try them at least twice a week and if you can, build up to doing them daily.

Why not....

- Put some music on whilst you do the exercises.
- Ask a family member or carer, if they are with you, to join in.
- Build your exercises into your everyday routine.

Stay safe:

Make sure the chair you use is sturdy and wear supportive shoes. If you experience chest pain, dizziness or severe shortness of breath, stop and contact a healthcare professional. A slight soreness the day after is quite normal.

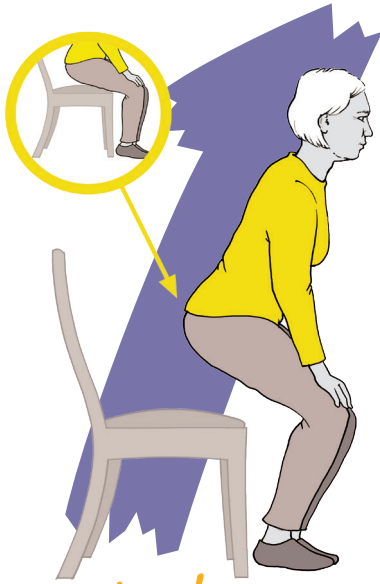
More ideas:

If you, your family or carer have access to the internet you will find many other ways of being active in your own home: www.kentsport.org/coronavirus

Stay Active@Home

www.csp.org.uk/easyexercises

With an indoor lifestyle, physiotherapists recommend a few simple steps to help you stay active at home, lift your spirits and reduce stress. Try them at least twice a week – or even better, daily!



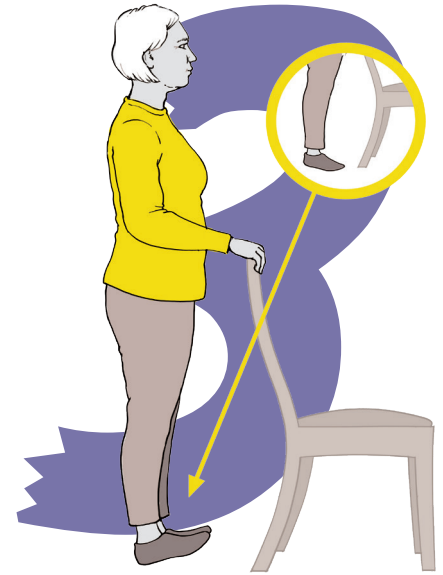
Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. **Repeat 10 times.**



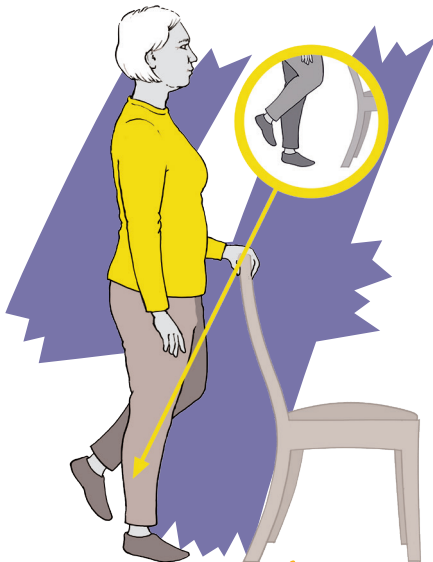
Heel raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. **Repeat 10 times.**



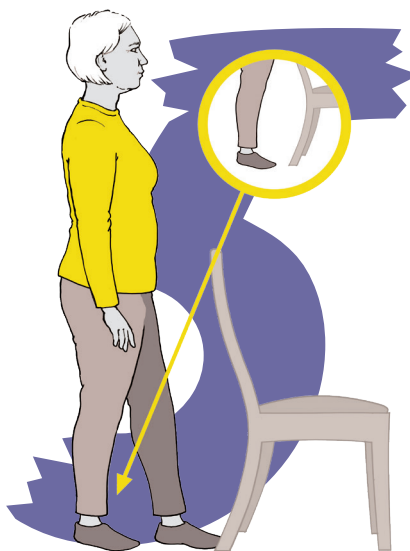
Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. **Repeat 10 times.**



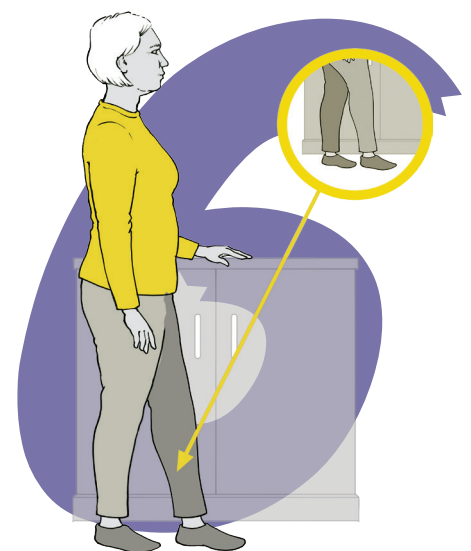
One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. **Hold the position for 10 seconds. Repeat on the other leg.**



Heel-toe stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. **Then place the other foot in front and balance for 10 seconds.**



Heel-toe walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. **Take the feet back to hip width apart, turn around and repeat the steps in the other direction.**



• **MAKE SURE** THE CHAIR YOU USE IS STURDY • **WEAR SUPPORTIVE** SHOES • **IF YOU EXPERIENCE** CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CONTACT A HEALTHCARE PROFESSIONAL • **A SLIGHT SORENESS** THE DAY AFTER IS QUITE NORMAL.



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