Make sure it all counts

The covid-19 crisis is unprecedented in modern times. The most recent Government announcements have escalated measures that reduce physical contact and this could have a negative impact on our activity levels and mental wellbeing.

Youtube Yoga
That Counts!

The thing is, we know being still isn't good for us at the best of times, and Covid-19 has made this even more difficult. We need to try and stay fit and healthy, so have a look through this leaflet for some ideas of how to keep moving at home, **it all counts!**

It's up to you how you get keep moving. The more fun you have, and the easier it is to fit into your routine, the better. It's important to make sure whatever you do, you're getting the benefits, too.

It counts if:

- You can feel your heart pumping faster
- You're feeling warmer
- You're getting a bit sweaty
- You're breathing a little bit faster

Simple ways to get started

If you're able to get onto the internet there's more information and some great resources on these websites:

Join the movement #StayInWorkOut
sportengland.org/stayinworkout

10 minute workout videos from the NHS:
nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/

Strength based activity for older adults:
nhs.uk/live-well/exercise/strength-exercises/

Support for your mental wellbeing:
mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Find the best way to get your 30 in

@ThatCountsGM

Moving more at home
That Counts!

Move more.
Sleep well. **Feel better.**

Find the best way to get your 30 in

@ThatCountsGM

The best bits about moving more

Just 30 minutes a day, or 60 minutes for young people under 18, helps **increase energy,** so you can get more done. It helps you **sleep well** too, so you'll feel more awake during the day. It can also really **improve your mood** as well as your fitness, helping you to **feel happier and healthier.**

Dancing in the kitchen while cooking tea

That Counts!

Getting moving for **just 30 minutes a day** has loads of benefits. But don't worry it doesn't have to mean dressing head-to-toe in lycra or sweating buckets. There's so much you can do from the comfort of your own home, or garden, that will help you to **sleep well and feel better!**

Find the best way to get your 30 in

@ThatCountsGM

Adults - move your way for just 30 minutes a day

How much should I be moving?
The World Health Organisation recommends:

Adults: 30 minutes a day

Here are some ideas to get you moving:

- Do that gardening you've been putting off
- Dance to your favourite music while you hoover
- Need to get out for some essentials? Make a 5 minute drive a 10 minute walk
- Try breaking up a boxset binge with star jumps between episodes
- Try yoga in the living room

Older adults - staying stronger for longer

Don't fret about the time. Try breaking it into 10-minute chunks to make it easier. If you can't do 30 minutes, try 30 moves, or 30 stretches **- it all counts!**

- Why not try some armchair aerobics - you can even use tins to act as weights!
- Simple movements like regularly getting out of your chair can help keep your legs strong
- Marching while seated in a chair will get your heart pumping faster!
- Heel to toe walk from the living room to the kitchen will help improve balance

Children & young adults - move your way for 60 minutes a day

How much should I be moving?
The World Health Organisation recommends:

Children under 5 years old:
1 to 3 hours a day

Children & young adults aged 5 to 18:
60 minutes a day

Becoming family swingball champion

That Counts!

Here are some ideas to get you moving:

- Get some tunes on and play musical statues
- Play balloon tennis in the back garden
- Create your own obstacle course
- See how long you can balance on one leg for
- How many keepy uppies can you do in one go?
- Challenge the family to a dance off
- Become the family swingball champion
- Play hide and seek
- Have a go at a Disney dance along
- If you can get online join Joe Wicks for a daily work out!