

Signposting to Physical Activity Resources

Age UK online resources:

The Coronavirus section of the Age UK website has advice on wellbeing during the pandemic:
<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

General advice for how to get active if someone finds exercise difficult, or is unsure of where to start: <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/>

The Healthy Living Guide:
https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig24_healthy_living_inf.pdf

The Advice Line can also request copies be posted directly to callers.

We Are Undeatable campaign:

Age UK are working in partnership with 14 other charities to provide support and ideas for people living with long term health conditions on how to stay active throughout the pandemic can be found here: <https://weareundeatable.co.uk/ways-to-move>

There is also a selection of carefully curated YouTube videos for people with health conditions of different abilities, which aims to help people find a suitable activity to do at home, from gentle stretches, yoga and chair based workouts to living room Zumba.
<https://www.youtube.com/channel/UCIEmdVc80h7Gft4oLkwGhw/playlists>

A guide is also being produced which will be available to download from the website soon. We are also expecting that the Advice Line will be able to request copies are sent directly to individuals. This will have inspiration about how other people have found ways to safely be active at home as well as 15 ideas for how to get started.

NHS and Government Guidance

The **NHS** has produced some Home Exercise Guide:
<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

NHS recommended 10-minute home workouts:
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Other activities recommended by the **NHS** including yoga and Pilates:
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Government guidance on mental health and wellbeing:
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

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Other content:

Nuffield Health give advice on exercises which are all designed for those who are self-isolating to do at home:

<https://www.nuffieldhealth.com/article/7-exercises-for-the-over-70s-while-self-isolating>

This content is also reflected on the Age UK website:

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/home-exercises/>

Gardening advice from the **Alzheimer's Society** for people affected by dementia to stay active and improve wellbeing:

<https://www.alzheimers.org.uk/blog/coronavirus-gardening-tips-dementia>

An “**Active at Home**” online guide, produced by **Sheffield Hallam University** gives ideas and credible advice on how to stay active and healthy during lockdown:

<https://www.movemoreshellam.com/active-at-home/booklet>

Public Health England are currently translating this into a national resource which can also be downloaded online, which is likely to be available from the end of May 2020.

Advice from **Mind** on how to stay active without leaving the house: <https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-active-feel-good/staying-active-at-home/>

There is a subsequent page which lists a range of different resources, such as being active with a family and “get active bingo”:

<https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-active-feel-good/>

Sport England's [Join the Movement campaign](#) has seen a partnership between [10 Today](#) and BBC Radio to provide 10-minute, audio workouts designed to get older people stretching and moving at home. The audio workouts are played on repeat from 5am to 10am daily on BBC Radio 5 Live Sports Extra. They are also available on demand on [BBC Sounds](#).

There is a timetable for upcoming **10 Today** radio sessions:

<https://www.bbc.co.uk/programmes/m000h00y/broadcasts/upcoming>

BBC's HealthCheck UK Live has daily broadcasts on staying mentally and physically well throughout lockdown at 10am every day on BBC1, and they are also available on iPlayer:

<https://www.bbc.co.uk/programmes/m000gyxn>

This information has been provided to assist with signposting to resources only.

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