

Daily Exercise During Lockdown

Regular exercise is very important for not only for our physical health but also for our mental well-being. Exercise releases the feel-good hormone, Endorphins which can help us to feel more positive in difficult times.

Because the government has asked us to stay inside for our own health and protection you can carry out exercise in the home quite easily. The Governments advice is that you are allowed to go out **once a day** for a short time to exercise such as a walk.

Exercise without realising

We carry out exercise throughout the day without even realising such as

- Walking up and down the stairs
- Hoovering
- Gardening
- Housework
- Cleaning the car

But if you feel you're not getting enough exercise during this time, why not try a seated exercise programme in the comfort of your own home.

NHS Seated Exercise Programme

1. Chest Stretch



A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch.

Hold for 5 to 10 seconds and repeat 5 times

2. Upper Body Twist



A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

Repeat 5 times on each side.

3. Hip Marching

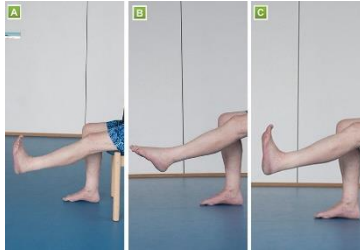


A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

Do 5 lifts on each leg

4. Ankle Stretch



A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot

5. Arm Raises



A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.

Repeat 5 times.

6. Neck Stretch



A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down.

C. Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>