

Resources for staying active at home during the coronavirus outbreak

Who is this for?

This document has been developed (by Ageing Well East Lothian) to support older people and those who are shielded to stay active and healthy at home.

Why is it important to stay active?

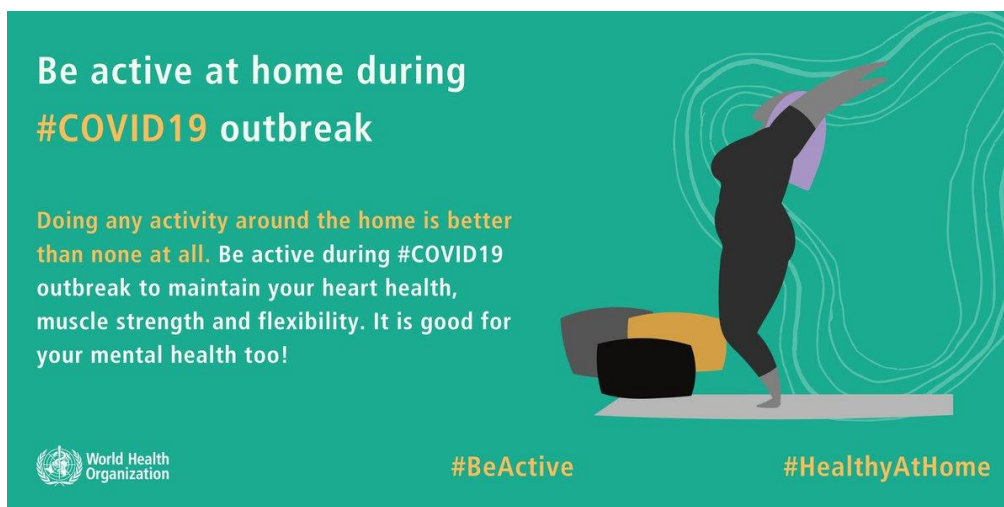
Being active is good for our physical and mental wellbeing. This is why we should all try to move regularly, including exercises to help stay strong and steady. This particularly applies to those of us who have health conditions or are older. Due to coronavirus we are all staying home more, so it is important that we find ways to build activity into our day, every day.

We have all been asked to stay at home as much as possible. This can be frustrating and upsetting, and it can be harder to be active when you can't do your normal daily activities. This document will help you to find ways to build activity into your day.

The information/links below will lead you to different resources which will help people stay active at home. Please feel free to share with your colleagues, participants and anyone who may need some extra support to stay active.


The Ageing Well Programme hopes this document will help you find ways to build activity into your day. Being active every day can help with so many factors.

The Ageing Well Coordinator is also available to speak to if you are looking for some more information or even just a friendly chat. Please contact Parvine, Ageing Well Coordinator, on 07718117585 or email ageingwell@eastlothian.gov.uk



**Be active at home during
#COVID19 outbreak**

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

 World Health Organization

#BeActive **#HealthyAtHome**

Ageing Well East Lothian

The East Lothian Ageing Well project aims to maintain and promote the physical and mental health, wellbeing and quality of life for people over 50 in East Lothian through a list of activities. It encourages activity by involving a wide range of organisations and groups.

<https://www.activeeastlothian.co.uk/physical-activity/ageing-well-37>

Facebook: <https://www.facebook.com/AgeingWellEastLothian/>

Twitter: <https://twitter.com/AgeingWellELC>

(Please note: Ageing Well have posted some of their chair based exercise classes on their social media pages and have shared some useful resources on their social media platforms too)

Although the Ageing Well project has been put on hold for just now, some of the classes are operating online:

Zumba Gold

Simply download the Zoom App and you can take part in up to 5 classes a week, every week.

Classes are on Monday at 5.30pm, Tuesday at 10am and 5.30pm, Wednesday and Thursday at 11am.

Subscription payments of £15 a month allow unlimited classes.

To register and for further details please contact Ruth on figaroro@yahoo.co.uk

Senior Seated Pilates

Classes are on Monday mornings at 10am for around 30-40minutes on the Zoom App.

Classes are £2.

To register and for further details please contact Tine on 07981961034 or email

tine.breusch@gmail.com

Spine Opening Pilates

Maureen Evans of Complete Movement runs some very popular classes from the Hope Rooms in North Berwick. These are online, but only for existing clients right now. However, Maureen does have some availability for her Online Pilates Movement MOTs and Pilates 1-1s. Maureen's speciality is in helping with those everyday aches and pains often caused by stress or features of modern life. The Online MOTs and Pilates 1-1s are much more expensive than her classes, but here is more information in case they are of interest <https://www.completemovement.co.uk/online-pilates/>. Just call Maureen on 07799123635 or email her on maureen@completemovement.co.uk if you'd like more information.

The Warblers singing for lung health (FREE ACTIVITY)

The Warblers singing for lung health group are running online singing sessions for people with lung conditions to promote physical and emotional wellbeing during the Covid crisis. There is a Facebook live session in a closed Facebook group that you can join in with every Monday 3pm-4.30pm and a session delivered through Zoom every Tuesday 3pm-4.30pm. It is possible to join the Zoom session through a landline - no fancy equipment required! Videos of fun warm up and breathing exercises and songs are also available on The Warblers website for you to sing along with at any time.

<https://www.warblers.org.uk/videos/>

If you would like to take part in either or both of the online sessions please contact Jane Lewis on 07519582130 or email jane@gn.apc.org

Functional Fitness for Seniors (FREE ACTIVITY)

As we get older at least 50% of physical decline is due to a lack of activity. Functional Fitness for Seniors can help you turn back the clock, help you move better, feel better and increase your independence and confidence.

For more information and access to home workouts please contact Gavin on 07540224648 or email gavin@crossfiteastrocks.com

Senior Movements (FREE ACTIVITY)

Andrea has set up a private Facebook page where she shares videos of fun and simple dance exercises to help with strength, balance and co-ordination. For more information and access to this group please contact Andrew on andrea.mannion@btinternet.com and please quote 'Ageing Well'.

Walking (FREE ACTIVITY)

Although our walking groups have been put on hold just now, we believe it is important for people to continue to enjoy short, local walks where it is safe and appropriate to do so. Our advice is stay local and keep a distance of atleast 2 metres from other people.

We also recommend strength and balance exercises 2/3 times a week in addition to taking a daily walk. Why not try these Super Six exercises below:

(<http://www.knowledge.scot.nhs.uk/fallsandbonehealth/the-national-falls-programme/take-the-balance-challenge.aspx>)

THE SUPER SIX

To help you to stay steady, try doing the 'super six' three times a week, in addition to a daily walk.

SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath - breathe normally throughout.

WHEN AND WHERE TO GET HELP
There's a lot you can do yourself, or with your family and friends to reduce your risk of falls. However, the reasons people fall can be complex and sometimes you'll need some help from others.

See your GP practice or a physiotherapist or occupational therapist if you:

- Have had two or more falls in the last six months
- Blacked out, were dizzy when you fell, or found yourself on the floor and didn't know why
- Start feeling unsteady on your feet
- Have had difficulty getting back to your usual activities since a fall
- Are worried about falling
- Have noticed changes in your health, mobility or memory since a fall.

1 SIT TO STAND
Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair - using your hands if needed.
Repeat up to 10 times.

2 HEEL RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

3 TOES RAISES
Stand tall with your feet hip width apart. Hold your support. Slowly lift the front of your foot, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time.
Repeat up to 10 times.

4 HEEL TOE STAND
Stand tall, take hands off if possible, holding on. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hand off if possible. Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.

5 HEEL TOE WALKING
Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.

6 ONE LEG STAND
Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg.

AP ACTIVE & INDEPENDENT LIVING PROGRAMME

The Scottish Government

Other useful resources

(Please note: some of these can be printed to for those who not dot have access to a computer)

Ballet Exercises for the over 50's

http://www.balletbasedmovement.com/?page_id=950

Beginners Tai Chi

Tai Chi instruction videos to help beginners get started and lots of others showing different aspects of this amazing art.

https://www.youtube.com/user/HowardGibbon?inf_contact_key=ffcc4dab541bd62902204d9fdeccebda680f8914173f9191b1c0223e68310bb1

This gentle exercise video combines Tai Chi and Qi Gong with a variety of adaptations to help make the routine safe and comfortable for you.

https://www.youtube.com/watch?v=pa_I5NAOW4k&feature=youtu.be&fbclid=IwAR26lyDi3XYv3yJ_Z07YmY3r4D_puyqZC1chC6p3WJi0AbpPmgOKyng9Z8

Yoga

https://www.youtube.com/results?search_query=30+day+yoga+with+adriene

Paths For All

Strength and Balance exercises. A set of 10 simple exercises to help you keep strong and balanced.

<https://www.pathsforall.org.uk/resources/resource/strength--balance-exercises-leaflet>

Guidance on walking during periods of social distancing and tips to keep active at home which you can access here.

www.pathsforall.org.uk/covid-19

HILDA

Do you, or a friend or relative, need a bit of help as you get older? Click the link below which gives trusted advice on items you can borrow or buy, signposting for help and support, and links to general health information.

<https://helpfromhilda.eastlothian.gov.uk/>

Active at home booklet

This is a great resource. The attached booklet was co-produced by partners across Sheffield. It is part of Sport England's Join the Movement campaign and gives ideas and credible advice on how to stay active and healthy during lockdown.

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

Keeping well at home booklet

This booklet is aimed at older people, many of whom have no access to the internet, drawing on evidence-based research. It was developed by the University's of Manchester's Healthy Ageing Research Group alongside the Ageing Hub at Greater Manchester Combined Authority (GMCA).

https://www.bgs.org.uk/resources/keeping-older-people-safe-and-well-at-home?fbclid=IwAR2BH-XSibtOR3uEHsRo1WAUpFEVDnV0Sf8_ZH_0upLZgmEv_JolGX9OoUE

NHS

'The secret to getting fit for free is to use every opportunity to be active.'

The NHS have provided some free fitness ideas on their website.

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

PAHRC (Physical Activity for Health Research Centre, Edinburgh University)

Strength and balance are forgotten aspects of our fitness. There are 9 strength and balance exercises for you to follow in this link.

They were originally designed for signs in a park (and maybe you can persuade your local park to install them using this PDF). But you could easily adapt them to do in your own house!

<https://www.ed.ac.uk/education/rke/centres-groups/pahrc/resources>

We Are Undefeatable

"We Are Undefeatable" is a movement supporting people with a range of long term health conditions, developed by 15 leading health and social care charities. Their purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them.

@Undefeatable have listed some great low-intensity exercises, suitable for older people.

<https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home>

Dementia Together

There is a close relationship between physical health & emotional & cognitive health. Building in some form of physical activity in our everyday routines can support wellbeing, offering a good source of exercise and a way to channel energy in a positive way.

<https://dementiatogether.online/home/physical-activity>

Move it or Lose it

<https://www.moveitorloseit.co.uk/>

For older adults who are well but socially isolating, @MoveItOrLoseIt1 have started free Facebook Live home workout sessions. They kick off at 2:30pm every weekday. If you can't join them Live, not to worry as you can watch all the sessions back via this link:

<https://www.facebook.com/pg/MoveItOrLoseIt1/videos/>

Later Life Training

<https://www.laterlifetraining.co.uk/>

Make Movement Your Mission is a Facebook group that has been set up, for anyone to join, to help older adults move more. This group provides 10 minute activity snacks 3 x p/day (8am, 12pm and 4pm).

If you can't join the videos, not to worry as you can watch all the sessions on YouTube via this link:

https://www.youtube.com/watch?v=PjUqXg3Ky6s&list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8g&fbclid=IwAR2_vBcAB_nSXxxZ4Nwm2LdjHc_OCNjiVh0dvpNQf0SMPCArIrUnni4GOS8

'I Can' active calendar

This is the resource used in the above videos to assist with helping older adults move more.

(FREE download option available too)

<https://www.laterlifetraining.co.uk/product/i-can-active-calendar-2020/>

Home exercise booklets

<https://www.laterlifetraining.co.uk/lt-home-exercise-booklets/>

Paracise™

<https://www.paracise.com/>

Paracise™ is ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury. It may be accessible to those with a wide range of health conditions too. There are free low-impact exercise videos you can do from the comfort of your home on their website above.

Paracise™ Community is a Facebook group that has been set up for anyone to join. It offers an entry point to the millions of people who would benefit physically and mentally from lower intensity exercise. The group provides around 10 minute videos for anyone to join in around 10am.

<https://www.facebook.com/groups/Paracisecommunity/>

Edinburgh Leisure

Fit for Health fitness class. Fit for Health is a 12 week physical activity referral programme for people with long term health conditions.

<https://www.youtube.com/watch?v=fMH2XFYCP4E&feature=youtu.be>

Safe Exercise at Home

<https://www.safeexerciseathome.org.au/>

The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

Get Active at Home

Stay in, work out - Tips, advice and guidance on how to keep or get active in and around your home.

https://www.sportengland.org/stayinworkout#get_active_at_home

Up and About booklet

This guide gives you tips on how to keep active and reduce your risk of trips and falls.

<http://www.healthscotland.com/uploads/documents/23464-Up%20and%20about-Taking%20positive%20steps%20to%20avoid%20trip%20and%20falls-April%202019-English.pdf>



Useful images/infographics

STAY WELL STAY ACTIVE

During COVID-19 measures we recommend you try to get your weekly 150 minutes of moderate activity. This can help to support your physical and mental health

STAY ACTIVE AT HOME

STRETCH REGULARLY

Even if space is limited remember to stretch regularly

WORK OUT

You don't need fancy equipment to be active at home, use what you have around you

SIT LESS

Break up your sitting time. Every half hour try...
Sit = 20 minutes
Stand = 8 minutes
Stretch = 2 minutes

APPS & TECH

There are lots of mobile apps & wearables which can be a really good way to get reminders to move as well as ideas for activity

DANCE

Music can help keep your mood positive and adding a little bit of dancing to your day can be fun and help you be more active

OUT & ABOUT

- Only go outside for essential food, health and work reasons
- Only go out for one form of exercise a day, e.g. a run, a walk or cycle alone or with members of your household
- Stay 2 metres (6 feet) away from other people
- Wash your hands regularly & wash your hands as soon as you get home
- The most up to date advice can be found at www.nhsinform.scot

NHS Lothian Health Promotion Service

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD: 30 minutes a day can reduce symptoms of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%.

LONGEVITY: 75 minutes a week of brisk walking can add almost 2 years to your life.

HEART: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%.

WEIGHT: A daily 1-hour walk can cut your risk of obesity in half.

Being physically active during COVID-19

Increase productivity
Sleep well
Reduce symptoms of anxiety and depression
Improve your mood
Increase energy levels

Working from home

Break up time spent sitting still
Set 30 minute timers and move around for 2 minutes
If possible stand up for calls and meetings

Activity ideas

Walk laps inside your house
Have a dance
Attend an online class
Body weight exercises (e.g. lunges and squats)
Go up and down your stairs

Some activity is good, more is better
Connect with friends via text and social media to stay active
Make use of online activity resources

Infographic created by Steven Hanson email: hellou@loathingboat.co.uk
This infographic is based on the BOM blog
Be calm, be active, simple steps to boost your physical activity during COVID-19

Physical activity for adults and older adults

Benefits health
Improves sleep
Maintains healthy weight
Manages stress
Improves quality of life

Reduces your chance of

Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%

Some is good, more is better
Make a start today: it's never too late
Every minute counts

Be active

at least 150 minutes moderate intensity per week
OR
at least 75 minutes vigorous intensity per week

Build strength
to keep muscles, bones and joints strong
on at least 2 days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

UK Chief Medical Officers Physical Activity Guidelines 2019