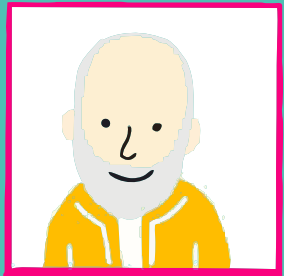
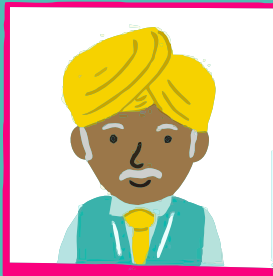
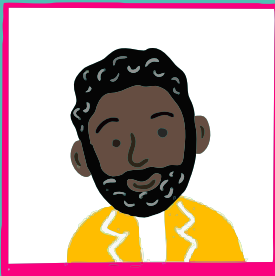
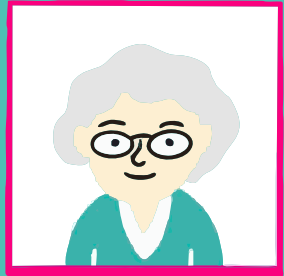
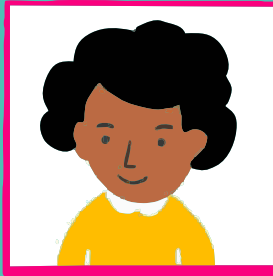
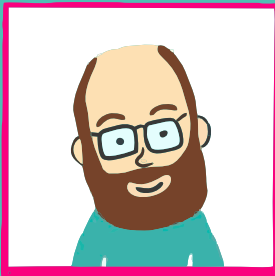




# Nottingham and Nottinghamshire Active at Home

A guide to staying active at home



# Be active. Stay strong. Protect our NHS.

This guide was originally produced to support people who were shielding or have limited mobility to be active at home during restrictions. The information was designed to support people to move more while at home with no special equipment and limited space and is still useful for anyone who would like to incorporate moving more into their everyday lives.

## Who is this booklet for?



This booklet has been developed to support older people and those who are shielded to stay active and healthy at home.

This is part of the Sport England **Join the Movement** campaign designed to provide inspiration and trusted information to the public about how to get active in and around the home during the coronavirus pandemic.

## Why is it important to stay active?

**Being active is good for our physical and mental wellbeing.** This is why we should all try and 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 at home more, so it is important that we find ways to build activity into our day, every day.

Over the next few weeks, you may have health and social care appointments cancelled or delayed. If you are waiting for treatment, being active is one of the best things you can do to look after your health, as part of a healthy lifestyle. Being active at a level that feels comfortable is unlikely to make your health worse; in fact it can help to manage many health conditions.

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 guide will help you to find ways to build activity into your day.

**Being active every day can help to:**



Keep your spirits up



Get a good night's sleep



Stay independent



Stay at a healthy weight



Reduce risk of falls & fractures



Keep you steady on your feet



Keep your bowels regular



Reduce risk of heart attack, stroke, diabetes & some cancers



Prevent many health conditions from worsening

The two key activity types that help are:



### Strength and balance exercises

These are specific exercises that will help you stay strong and steady



### Aerobic exercise

This is activity that warms you up and gets you breathing slightly harder, it will help you stay fit and well

## Safety

**Being active is safe for the vast majority of people and has many benefits for your health and wellbeing.**

There are some small steps you can take to reduce the chance of problems occurring when you are exercising in and around the home.

Most people can exercise without speaking to a doctor first, especially if their medical condition is under control. However, if you get any symptoms from a heart, kidney or metabolic condition you should phone your healthcare professional to check before you start.

1. Prepare your exercise space by clearing away unnecessary clutter
2. Keep something sturdy and solid nearby for support (for example kitchen work surface)

3. Have a glass of water ready to sip as you exercise
4. Wear well-fitting supportive shoes that are done up, and comfortable clothing
5. If you are exercising on your own, keep a telephone nearby, just in case you need it
6. Set the pace, start exercise at a level that you find easy and build up gradually
7. If you experience acute pain anywhere or dizziness the stop and rest
8. It is common for muscles to feel a bit stiff for a few days after you have used them - this is a normal response and shows that your body is responding to the increased movement

### Recap of key points



Exercise is safe and helpful for most people



Try to be active every day



Try to do strength and balance exercises 2-3 times each week

## Strength and balance exercises

Muscles, bones and joints like to be moved, lack of movement causes your muscles to waste away quickly and this affects your strength and your balance.

The exercises below will help you to stay strong and steady. Aim to do these exercises 2-3 times throughout the week. You can split them up and do a few at a time throughout the day, at a time that works for you. Remember to start small and build up gradually, as the exercises begin to feel easier you can increase the repetitions to 8-10. If you want to make it harder still, you can build up to 3 sets of 8-10 repetitions for each exercise.

Strength exercises can be done sitting or standing. If you can't stand comfortably or safely, then choose the seated option.

### Seated Exercises

#### Always warm up before you start

Sit up straight in a supportive chair, take 2-3 deep breaths in and out to calm the mind and body in preparation for the exercises.

#### Heel lifts



Lift heels off the floor, then place them back down. Lift toes off floor then place down. Do these slowly and fully.

30 seconds

#### Chair marching



Lift one leg at a time, as if you are marching. You can add your arms in too, if comfortable.

30 seconds

By the end of the warm up you should feel warmer and be breathing a little harder.

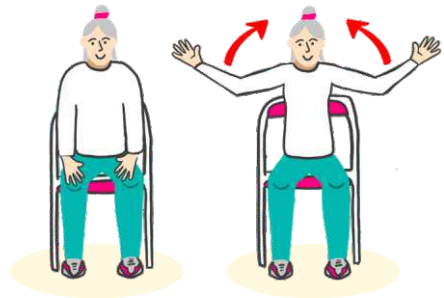
## Exercises

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### Arm raises

Raise your arms out to the side and above your head, then slowly back down. Start with **3** then build up.

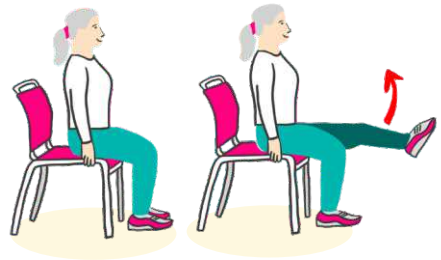
**Make this harder** by going very slowly and hold for 1 second at the top before you lower your arm down.



### Alternate leg extensions

Straighten out one leg in front of you, then lower slowly back down. Start with **3 each leg** then build up.

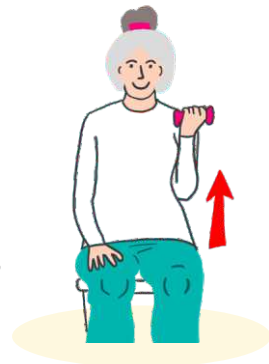
**Make this harder** by lifting the legs slightly off the chair as you straighten it.



### Arm curls

Keep elbows into your sides, bend one arm up, then slowly lower. Alternate sides. Start with **3 repetitions on each side**.

Make this harder by holding a small weight, bottle of water or tin of food.





## Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



### Hamstring stretch

Feel gentle stretch at  
back of thigh  
Hold for 20 seconds



### Chest opening

Feel gentle stretch  
across your chest  
Hold for 20 seconds



### Breathe

3 deep breaths  
in and out

## Standing Exercises

### Always warm up before you start

Remember to have something sturdy, like a work surface, next to you. Use it to stay steady and safe.

### Marching



Slow march on  
spot, gradually  
lifting the knees  
slightly higher,  
or by marching a  
little faster and  
adding arms in.  
30 seconds

### Shoulder rolls



3 each way

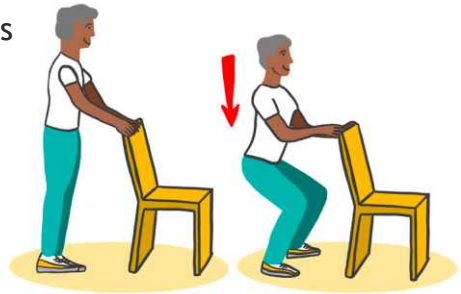
You should feel warmer and be breathing a little harder now.

## Exercises

### Mini squats

Stand tall, slowly bend your knees keeping your body upright. Push up and return to standing. Start with **3 repetitions** then build up.

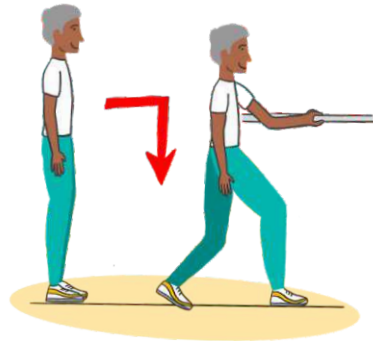
**Make this harder** by going further into squat, and holding longer.



### Small lunges

Take a small step forward and bend both knees. Push back into standing. Start with **3 repetitions** each leg and build up.

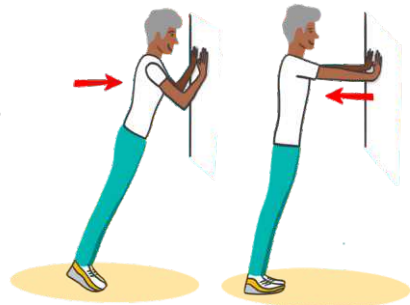
**Make this harder** by stepping further forward, ensuring you return from the lunge position in one steady step backwards.



### Wall press up

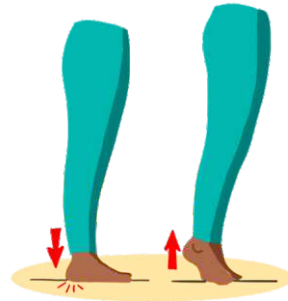
Slowly bend both arms so that your nose moves closer to the wall. Slowly push back into standing. Start with **3 repetitions** then build up.

**Make this harder** by moving very slowly and smoothly.



## Heel/toe raises

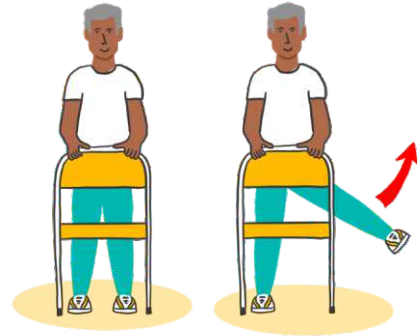
Push up onto your toes, keeping bottom in, then slowly lower back down. Do these slowly whilst maintaining good posture. Start with **3 repetitions** and build up.



**Make this harder by** lowering down very slowly.

## Sideways leg lift

Lift one leg slowly out to the side keeping your body straight. Slowly lower back down. Start with **3 repetitions** each leg the build up.



**Make this harder by** moving the leg very slowly.

## Cool down

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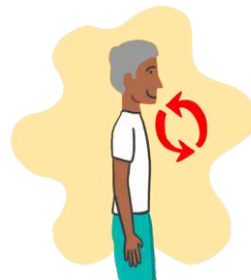
Let your breathing settle and enjoy the feeling of accomplishment!



**Hamstring stretch**  
Hold for 20 seconds



**Chest opening**  
Hold for 20 seconds



**Breathe**  
3 deep breaths

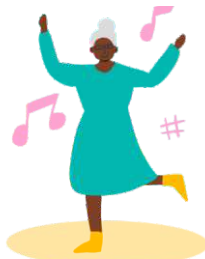
## Ways to build activity into your day

As well as doing these exercises 2-3 times a week, **try to avoid any long periods of inactivity and find ways to build movement into your day, every day.** Any movement is good, particularly if it makes you feel a little bit warm and makes you breathe a little faster.

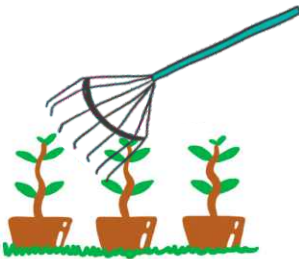
Here are some ideas of ways to stay active at home:



Cleaning



Dancing



Gardening



Going up and down stairs



Stretching regularly

## Staying healthy

A few other things that will help you to stay as healthy and happy as possible during isolation:



### Wash your hands

using soap and hot water, for at least 20 seconds, regularly throughout the day



### Stay connected

with phone calls, letters, emails, text messages or a cheery wave from the window



### Limit intake

of foods and drinks that are high in fat, salt and sugar



### Consider taking a Vitamin D supplement

of 10 micrograms a day for healthy muscles and bones, if you aren't often outdoors

**Stick to regular mealtimes** and eat a balanced diet that includes a variety of:

- fruit and vegetables (fresh, frozen, tinned, dried or juice)
- starchy foods (bread, cereals, potatoes, pasta or rice)
- two portions of fish per week, one of which should be oily
- dairy products (milk, yoghurt, cheese)
- oils and spreads (choose unsaturated and use in moderation)

If you are struggling to eat well, switch to smaller meals and frequent snacks.



**Take your prescription medicine** regularly and ensure that you have at least two weeks' supply



**Keep your mind active** with crosswords, puzzles and letter writing



**Stay hydrated** by aiming to drink 6-8 glasses of water a day



**Limit alcohol and don't smoke**  
Limit your alcohol intake to no more than (and ideally less than) 14 units in a week, and support is available to help you stop smoking



**Prioritise your sleep**  
Going to bed and waking up at regular time can really help and make sure you give yourself time to wind down before bed

**It is normal to feel worried and anxious** about yourself and your loved ones during the coronavirus outbreak. Focus on the things you can control rather than the things you can't. **This might mean focusing on getting into a routine and taking small practical steps each day to do what you need to do. Stick to trusted sources of information** and if news stories make you feel anxious, think about switching off for a while.

**If you have coronavirus symptoms (new persistent cough and/or high temperature) and need help, or have been told to report symptoms, call NHS 111**

## Planning your day

The days can feel very long when you are home all day. Having a couple of goals each day and planning your day in advance can help; it will remind you to move around during the day too. Here's an example:



**GOALS** 1) Write letter to Joy  
2) Tidy kitchen drawers

Get up and get dressed  
10 minutes of exercise

### Breakfast

Tidy and dust one room  
Puzzles or letter writing  
10 minutes of exercise  
Favourite TV programme or radio

### Lunch

Weed and water pots  
Hobbies like sewing, DIY, reading  
10 minutes of exercise  
Prep for teatime

### Tea

Deep breaths and relaxation  
Phone a friend or family member  
Relax, it's been a busy day!

Try to do things that you LOVE to do,  
as well as the things you NEED to do

## Staying safe at home

Moving around less can make you less steady on your feet. Falls are common and can result in injury and frustrating periods of reduced independence.

### Simple tips to make your home safer:

- Use a nightlight in the bedroom, a bedside light or a torch by the bed in case you need to get up in the night
- When you first wake up, sit on the edge of the bed and do a few seconds of marching with the legs to get the blood flowing. This will reduce your chance of dizziness when you stand up
- Keep stairs and steps free of clutter
- Keep floors clear of trailing wires, wrinkled or fraying rugs and carpets, or anything else you might trip or slip on
- Keep active - strength and balance exercises have the best effect for making you steadier on your feet
- Stand up slowly if you have been sitting for a while, and count to 10 before setting off

## What to do if you fall

**If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries.**

If you know you can't get up, or feel pain in your hip or back, then try to call for help using your phone or pendant alarm, or by



banging on radiators or walls until help arrives. Try to keep warm by covering yourself with whatever is close by, keep moving your limbs and roll from side to side if you are able to. If you need urgent medical help, you should call 111 or in an emergency 999.

**If you are unhurt and think you can get up, then you should:**

1. Roll onto your side, and then push up onto your elbows
2. Use your arms to push yourself onto your hands and knees
3. Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support
4. Slide or raise the foot of your stronger leg forward so it's flat on the floor
5. Lean forwards and push up using your arms and front leg, slowly rising to a standing position
6. turn around and sit down. Sit for a minute or two and catch your breath.

**Even if you are unhurt, make sure that you tell a healthcare professional or carer that you have fallen.**

## Useful phone numbers & websites

### **NHS 111**

111 or [111.nhs.uk](https://111.nhs.uk)

If you have any concerns about your health

### **Nottingham City Council Customer Hub**

0115 915 5555 or

[www.nottinghamcity.gov.uk](https://www.nottinghamcity.gov.uk)

Call our customer hub 9am -5pm or visit our website anytime

### **Stub it! Stop smoking Programme**

[www.ncgpa.org.uk/stopsmoking/](https://www.ncgpa.org.uk/stopsmoking/)

0115 824 0583

For advice and support on stopping smoking

### **Nottinghamshire County Council Customer Hub**

0300 500 8080

### **Wellness in Mind**

0800 561 0073 or

[www.wellnessinmind.org](https://www.wellnessinmind.org)

For local support with your mental health and wellbeing

### **Carers Trust**

0115 962 8920 or

[www.carerstrustem.org](https://www.carerstrustem.org)

For support for carers

### **Samaritans**

116 123

If you want to talk through any concerns, worries and troubles

### **Age UK Nottingham & Nottinghamshire**

0115 844 0011 or

[www.ageuk.org.uk/notts/](https://www.ageuk.org.uk/notts/)

Provides advice and information for older people

### **The Silver Line Helpline**

[www.thesilverline.org.uk](https://www.thesilverline.org.uk)

0800 470 80 90

If you are aged 55 or over, call for a cheerful chat, day or night

### **Citizens Advice**

[www.citizensadvicenottingham.org.uk](https://www.citizensadvicenottingham.org.uk)

0300 456 8390

### **Active Notts**

[www.activenotts.org.uk/active-at-home](https://www.activenotts.org.uk/active-at-home)

Help to stay active during COVID-19

### **We are UndefeatABLE**

[www.weareundefeatable.co.uk](https://www.weareundefeatable.co.uk)

Support for those with health conditions to become more active

### **Join the Movement**

[www.sportengland.org/news/join-movement](https://www.sportengland.org/news/join-movement)

Ideas for all on how to stay active during the coronavirus outbreak





**This booklet was created by Move More  
Sheffield and shared with  
Active Notts  
Design by Nifty Fox Creative, 2020.**

This booklet has been jointly prepared by Sheffield Hallam University (SHU) and the National Centre for Sport & Exercise Medicine -Sheffield (NCSEM) to provide useful information to support people to stay physically active during isolation. Both SHU & NCSEM have taken their reasonable endeavours to ensure that the content of this booklet is, to the best of their knowledge, accurate at the time of printing. However, it is not to be perceived as professional advice. Before following any exercise or health guidelines set out in this booklet, readers shall always consult with a GP if: they consider necessary; they have any concerns about their health conditions; they are not sure whether the exercises in this booklet are suitable for them.

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