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.

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:

- Find more tips to #KeepGMMoving
  greatersport.co.uk/KeepGMMoving

- Make movement your mission - videos for those who are less mobile
  bit.ly/3apxPnc

- 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/

Armchair aerobics

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 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

Moving more at home

Move more. Sleep well. Feel better.
How much should I be moving?
The World Health Organisation recommends:
Adults: 30 minutes a day
To help keep you steady, try doing the ‘Super Six’ three times a week

Safety Check:
- use a sturdy table or chair for support
- wear supportive and comfortable shoes
- if any of the movements cause pain in your joints, back or muscles STOP and try it again. If this persists please seek advice from a health care professional.
- Feeling your muscles or slight soreness the next day is normal.
- If you feel 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.

Older adults - staying stronger for longer

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