

**Better  
Health**



**LET'S  
DO THIS**

**MOVE  
MORE**

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# WHY SHOULD WE GET MOVING

Moving more can boost your energy, lift your mood and make everyday activities easier. It can also help manage stress, improve sleep and improve overall quality of life.

**In the UK, not exercising is responsible for 1 in 6 UK deaths, which is the same as smoking!**

## Did you know?

If physical activity were a pill, it would be the most prescribed medication in the world.

**Nothing else has all the benefits!**

**Moving more and being more physically active can also protect you against COVID-19. Therefore there is no better time than now to start moving more! Other benefits of moving more include...**



**Keep your spirits up**



**Get a good night's sleep**



**Stay independent**



**Stay at a healthy weight**



**Reduce risk of falls or 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**

# WHAT ACTIVITIES SHOULD ADULTS BE DOING

**SOME IS GOOD  
MORE IS BETTER**

**MAKE A START TODAY:  
IT'S NEVER TOO LATE**

**EVERY MINUTE  
COUNTS**



**Start small!** - Not all of us are naturally sporty. You can start small by finding ways to fit more activity into your daily life and build up from there:

- Try taking the stairs a couple more times than you need or instead of the lift.
- Get off the bus one stop earlier and walk the rest of the way.
- Break up sitting for long periods of time.

As well as moving more in general, you could set aside a few days a week to plan activity into your routine. Brisk walking is a great example of an activity to get your heart rate up, but if this doesn't appeal to you, you may want to follow a session with instructions.

**Check out the activity session plans at the back of this booklet (pages 12-25).** These are great examples of things that can be done within your home or outside in a safe place.



## HOW LONG DO YOU SPEND SITTING DOWN?

Adults should also aim to reduce the amount of time spent sitting down. Where physically possible, we should break up long periods of sitting down with at least some light movement e.g. standing up and moving around the house a little.

This could be something as simple as standing up, stretching, marching on the spot, or singing and dancing along to the radio! Studies show reducing your time sitting down will help you lose weight, so try to be more active generally!

## HERE ARE SOME IDEAS OF WAYS TO STAY ACTIVE AT HOME



**CLEANING**



**DANCING**



**GARDENING**



**STRETCHING  
REGULARLY**



**GOING UP AND  
DOWN STAIRS**

*\*Image taken from 'Active at Home' booklet - Public Health England*

**For more information on how to stay active at home, access the 'Active at Home' booklet\* from Public Health England. See the link on page 27.** This booklet has been developed to support older people and those who are shielded to be active and healthy at home.

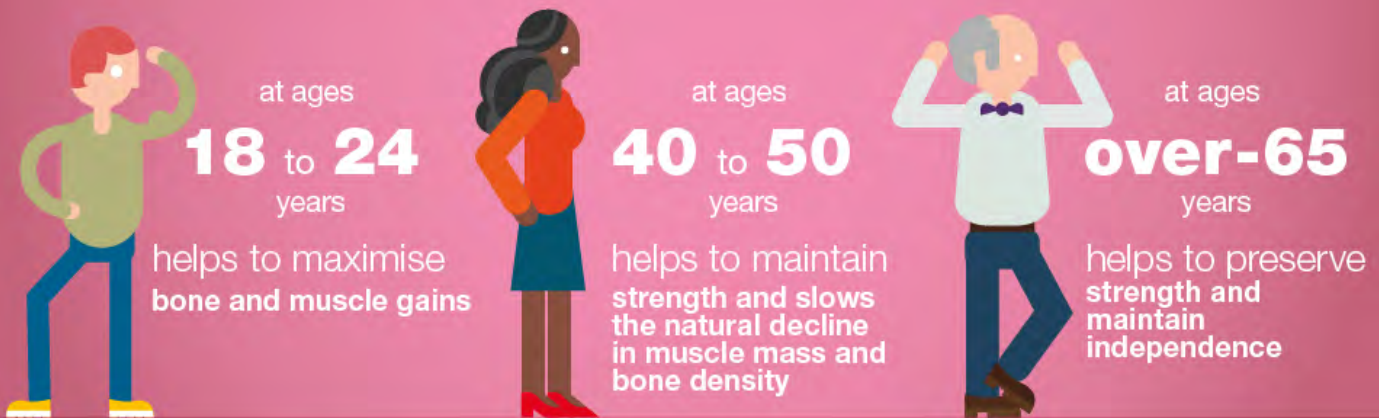
# The Super 6 Moves for Strength & Balance

Adults should do activities to develop or maintain strength in the major muscle groups. Muscle strengthening activities should be done at least 2 days a week, but any strengthening activity is better than none!

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

## Benefits of muscle and bone strengthening activities at different ages

These activities are important across the life course for different reasons:



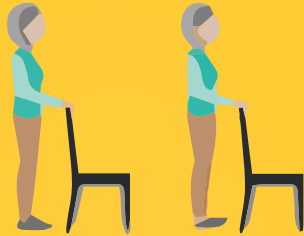
## SUPER 6 MOVES FOR STRENGTH & BALANCE:

- These are ideal for everyone, especially if you don't move much at the minute.
- Aim to do the six moves below 2-3 times throughout the week.
- You can split them up and do them 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.

# BEFORE DOING THESE MOVES, PLEASE READ THE FOLLOWING:

- Make sure the chair you use isn't wobbly.
- Make sure you are wearing supportive shoes e.g. not bare foot or wearing flip flops.
- If you have any chest pain, dizziness or severe shortness of breath, stop and call a guard to call a GP/111.
- Feeling slightly sore the day after is normal!

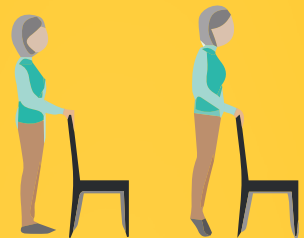
1



## Toe Raises

Stand tall holding the same support, then raise your toes - taking your weight on your heels. Don't stick your bottom out. Hold the three seconds, then lower with control. Repeat 10 times.

2



## Heel Raises

Standing tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.

3



## Sit to Stand

Stand tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

4



## Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

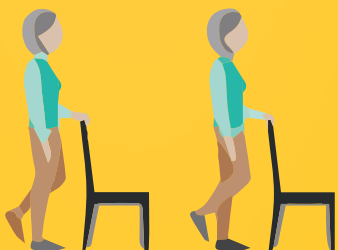
5



## Heel-Toe stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.

6



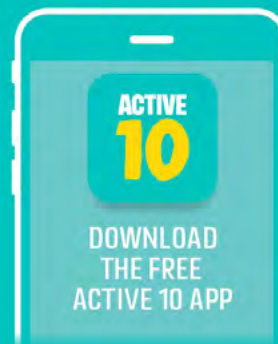
## One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.

COULD YOU DO 10 MINUTES OF BRISK WALKING EVERY DAY EITHER IN YOUR GARDEN OR OUTSIDE IN YOUR LOCAL PARK?

## **WALKING** BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

BECAUSE THERE'S ONLY  
**ONE YOU**



The benefits to your health and wellbeing of doing at least 10 continuous minutes of brisk walking everyday are huge! You can tell you're walking briskly if you feel slightly out of breath, can still talk but cannot sing the words to a song.

Due to current Government restrictions and advice to stay at home, why not try 10 minutes of marching/moving around your home? Start small (1-2 minutes to begin with) then gradually work your way up to 10 minutes? A regular brisk 10 minute walk everyday can make you feel better in so many ways...



**IF YOU'RE WALKING BRISKLY YOU CAN TALK BUT YOU CAN'T SING. IT'S TRUE, TRY IT.**



**BRISK WALKING CAN IMPROVE YOUR MOOD AND YOUR QUALITY OF LIFE.**

**BRISK WALKING DAILY CAN HELP WITH MUSCLE AND BONE PAIN, MAKING EVERYDAY TASKS EASIER.**



**BRISK WALKING CAN REDUCE THE RISK OF LONG-TERM HEALTH CONDITIONS LIKE HEART DISEASE, TYPE 2 DIABETES, DEMENTIA AND CANCER**





# MOVING MORE AS A FAMILY

## ACTIVITY GUIDELINES FOR CHILDREN & YOUNG PEOPLE



Children need to active for at least 60 minutes every day, this can be broken up into several short bursts of active throughout the day! Below is a list of example activities to support you and your family to move more:



Change 4 Life	10 minute shake up activities. <a href="http://www.nhs.uk/10-minute-shake-up/shake-ups">www.nhs.uk/10-minute-shake-up/shake-ups</a>
Joe wicks – PE lessons	30 minute PE lessons. <b>The Body Coach TV - YouTube</b>
Real PE	Real PE at home provides meaningful home learning for EVERY child with games, activities and challenges, all aligned to your real PE curriculum. For instant access to real PE at home, check with your child’s school if they are a member to login. If not, there are FREE sample games and activities available. <a href="https://jasmineactive.com/solutions/real-pe">https://jasmineactive.com/solutions/real-pe</a>
Andy’s Wild Workouts	Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. <a href="https://www.bbc.co.uk/programmes/p06tmmvz/episodes/guide">https://www.bbc.co.uk/programmes/p06tmmvz/episodes/guide</a>
Oti Mabuse from Strictly Come Dancing	A dance class with Oti including troll and Shrek dancing, as well as the dances from Mary Poppins. <a href="https://www.youtube.com/user/mosetsanagape/videos">https://www.youtube.com/user/mosetsanagape/videos</a>
Super movers	Fun resources linked to school curriculum. <a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>
Scouts	The Great Indoors, creative indoor activity ideas from the Scouts. Activities will keep your pupils learning new skills and having fun in the home. <a href="https://www.scouts.org.uk/the-great-indoors">https://www.scouts.org.uk/the-great-indoors</a>
Active Norfolk	Links to lots of great home based activities. <a href="https://www.activenorfolk.org/active-at-home-kids">https://www.activenorfolk.org/active-at-home-kids</a>
The Youth Sports Trust	Features a range of activities designed for home learning environments to encourage children to remain active if they are no longer at school. <a href="https://www.youthsporttrust.org/free-home-learning-resources-0">https://www.youthsporttrust.org/free-home-learning-resources-0</a>
Early Movers	Practical ideas for physical activities to help with babies and young children’s physical development. <a href="https://www.earlymovers.org.uk/">https://www.earlymovers.org.uk/</a>

**Whatever it is that's stopping you from getting more active, it might not be as much of a barrier as you think.**

Common reasons why we might avoid exercise and how to overcome them:

REASON	HOW TO OVERCOME?
<b>I don't have time</b>	<p>Instead of thinking about the total 150 minutes of activity a week recommendation, break it down into:</p> <ul style="list-style-type: none"><li>• 5 x 30 minutes a week</li><li>• 20-25 minutes every day of the week</li><li>• 2 x 10-15 minute bursts a day</li></ul> <p>Walking in your home, climbing the stairs, dancing, walking across the garden etc. all count.</p>
<b>I'm too tired</b>	<p>It's not unusual to feel drained at the end of the day but exercise can relive your tiredness and actually make you feel like you have more energy!</p>
<b>I don't have the willpower</b>	<p>Many people give up on their exercise plan soon after starting it. One of the best ways to stay motivated is to keep an exercise diary or exercise with a friend/family member where safe to do so following your local area's Government advice.</p>
<b>I don't like exercise</b>	<p>Memories of school PE may still colour your judgement but there are so many ways to get active and enjoy it.</p>
<b>It's hard work</b>	<p>Start slow and build it up – this is key to enjoying exercise. Let your confidence grow along with your stamina and strength.</p>
<b>The weather is too bad</b>	<p>Many people find walking &amp; running in the rain invigorating. Learn to love the weather, wrap up warm, it can be energising with the wind behind you.</p>
<b>I've missed a session, I'll never get back on track</b>	<p>No one ever sails through never missing an exercise session! Just get some suitable clothes on to exercise and remember you are not back starting from scratch.</p>
<b>I'll look stupid</b>	<p>It can be hard to get active in front of others if you feel out of shape or not used to physical activity. But you can overcome this. Ask a friend/family member to join you to help your confidence grow. Or try some workouts in your home to begin with.</p> <p>For more support and information on this, please refer to the relevant campaign links '<b>This Girl Can</b>', '<b>Better Health</b>' &amp; '<b>We are Undefeatable</b>' on page 27.</p>

We're creatures of habit and if you've not done much for a while, finding the motivation to get up and go can be a real mental battle. But don't be discouraged. Whilst it may be good for you, your body is not used to it. After a week or two, this should be a distant memory.

If you feel your enthusiasm dipping at any point, here are 8 tips to boost your motivation:

1. **Be realistic** – remind yourself that you want to become more active because it'll help you become healthier and lose weight.
2. **Schedule it.** Plan your physical activity at the start of the week and put it somewhere you can see it e.g. on your fridge, on your bedside table etc. Planning in advance when, how and where you will exercise will increase your chances or making physical activity a normal part of your lifestyle.
3. **Pat yourself on the back.** Look back at your weekly food and activity chart to remind yourself how much you've already achieved.
4. **Spread the word.** Share your plans and achievement with other people, you'll feel obliged to keep going! Friends/family over the phone for example.
5. **Could you find someone to be active with?** A workout buddy can provide feedback, support and entertainment, they can also put pressure on you to do it! This could be someone you live with or a friend/neighbour (ensuring you adhere to current Government restrictions).
6. **Music motivator** – Turn the radio up, listen to your favourite songs on your headphones to get you active.
7. **Be flexible.** If you're not enjoying activities then change them. If you don't like doing a YouTube workout video at home, try a brisk walk outside.
8. **Set goals,** they don't need to be grand achievements. For instance, try to walk a little bit more each day. Keeping a written record of these mini-goals can help you to see your progress over time.



# EXAMPLE HOME WORKOUTS FOR ALL <sup>12</sup>

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## WARM UP BEFORE A WORKOUT

Warm up properly before exercising to prevent injury and make your workouts more effective. This warm-up routine should take at least 6 minutes. Warm up for longer if you feel the need.

### MARCH ON THE SPOT

Keep going for 3 minutes

Start off marching on the spot and then march forwards and backwards. Pump your arms up and down in rhythm with your steps, keeping the elbows bent and the fists soft.



### HEEL DIGS

Aim for 60 heel digs in 60 seconds

For heel digs, place alternate heels to the front, keeping the front foot pointing up, and punch out with each heel dig. Keep a slight bend in the supporting leg.



### KNEE LIFTS

Aim for 30 knee lifts in 30 seconds

To do knee lifts, stand tall and bring up alternate knees to touch the opposite hand. Keep your abs tight and back straight. Keep a slight bend in the supporting leg.



### SHOULDER ROLLS

2 sets of 10 repetitions

For shoulder rolls, keep marching on the spot. Roll your shoulders forwards 5 times and backwards 5 times. Let your arms hang loose by your sides.

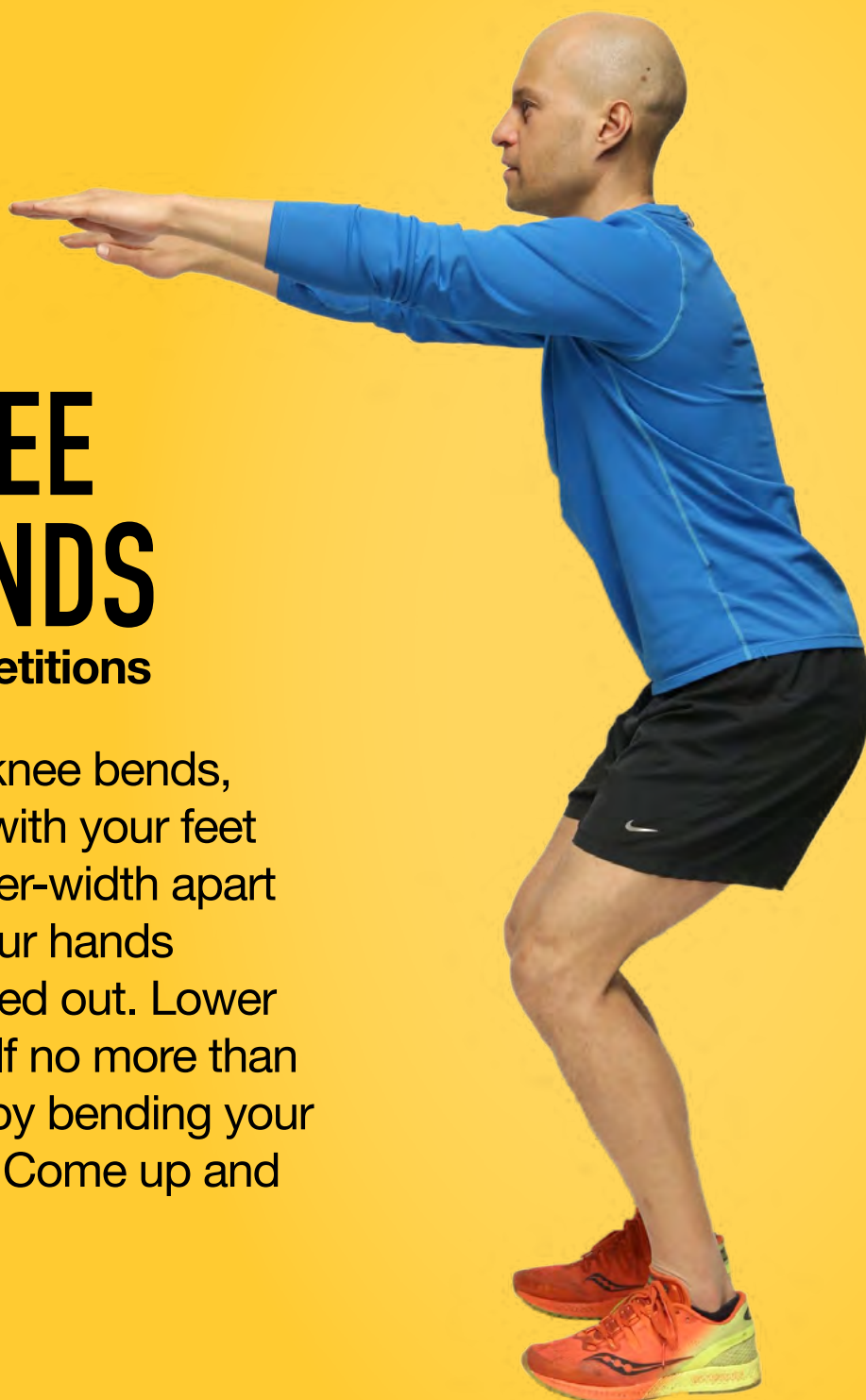




# KNEE BENDS

10 repetitions

To do knee bends, stand with your feet shoulder-width apart and your hands stretched out. Lower yourself no more than 10cm by bending your knees. Come up and repeat.



# HOW TO STRETCH AFTER EXERCISING <sup>14</sup>

Use this routine to cool down after a workout to gradually relax, improve flexibility and slow your heart rate.

These gentle stretches should take about 5 minutes. Spend more time on them if you feel the need.

## BUTTOCK STRETCH

Hold for 10 to 15 seconds



To do a buttock stretch:

1. Lie on your back and bring your knees up to your chest.
2. Cross your right leg over your left thigh.
3. Grasp the back of your left thigh with both hands.
4. Pull your left leg towards your chest.
5. Repeat with the opposite leg.

## HAMSTRING STRETCH

Hold for 10 to 15 seconds



To do a hamstring stretch:

1. Lie on your back and raise your right leg.
2. Hold your right leg with both hands, below your knee.
3. Keeping your left leg bent with your foot on the floor, pull your right leg towards you keeping it straight.
4. Repeat with the opposite leg.

## INNER THIGH STRETCH

Hold for 10 to 15 seconds



For the inner thigh stretch:

1. Sit down with your back straight and your legs bent.
2. Put the soles of your feet together.
3. Holding on to your feet, try to lower your knees towards the floor.

## THIGH STRETCH

Hold for 10 to 15 seconds



To do a thigh stretch:

1. Lie on your right side.
2. Grab the top of your left foot and gently pull your heel towards your left buttock to stretch the front of the thigh.
3. Keep your knees touching.
4. Repeat on the other side.

# CALF STRETCH

Hold for 10 to  
15 seconds

For the calf stretch:

1. Step your right leg forward, keeping it bent, and lean forwards slightly.
2. Keep your left leg straight and try to lower the left heel to the ground.
3. Repeat with the opposite leg.



# 10 MINUTE HIGHER INTENSITY CARDIO WORKOUT

**\*Please note this workout is more suited to those who already exercise regularly - For a lower intensity example go to page 18\***

This 10-minute cardio workout counts towards your recommended 150 minutes of aerobic activity every week. Before you begin, warm up with a 6-minute warm-up routine, see pages 12-13. After your workout, cool down with a 5-minute stretch, see pages 14-15.

## ROCKET JUMPS - 2 SETS OF 15 TO 24 MOVES



For rocket jumps, stand with your feet hip-width apart, legs bent and hands on your thighs.

Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.

For more of a challenge, start in a lower squat position and hold a weight or a bottle of water in both hands at the centre of your chest.

- Recovery: walk or jog on the spot for 15 to 45 seconds.

## STAR JUMPS OR SQUATS (SEE NO 3 BELOW) - 2 SETS OF 15 TO 24 REPS



To do a star jump, stand tall with your arms by your side and knees slightly bent.

Jump up, extending your arms and legs out into a star shape in the air.

Land softly, with your knees together and hands by your side.

Keep your abs tight and back straight during the exercise.



## SQUATS - 2 SETS OF 15 TO 24 REPS

17



As a less energetic alternative, do some squats. Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance.

Lower yourself by bending your knees until they're nearly at a right angle, with your thighs parallel to the floor.

Keep your back straight and don't let your knees extend over your toes.

- Recovery: walk or jog on the spot for 15 to 45 seconds.

## TAP BACKS - 2 SETS OF 15 TO 24 REPS



To start tap backs, step your right leg back and swing both arms forward, then repeat with the opposite leg in a continuous rhythmic movement.

Look forward and keep your hips and shoulders facing forward. Don't let your front knee extend over your toes as you step back.

For more of a challenge, switch legs by jumping (also known as spotty dog), remembering to keep the knees soft as you land. Your back heel needs to be off the floor at all times.

- Recovery: walk or jog on the spot for 15 to 45 seconds.

## BURPEES - 2 SETS OF 15 TO 24 REPS



To do a burpee from a standing position (pic 1), drop into a squat with your hands on the ground (pic 2).

Kick your feet back into a push-up position (pic 3). Jump your feet back into a squat (pic 4) and jump up with your arms extending overhead (pic 5).

For an easier burpee, don't kick out into the push-up position and stand up instead of jumping.

**Don't forget now to cool down with the 5-minute stretch routine – see pages 14-15.**

# 10-MINUTE LOWER INTENSITY WORKOUT

This 10-minute cardio workout counts towards your recommended 150 minutes of aerobic activity every week. Before you begin, warm up with a 6-minute warm-up routine, see pages 12-13. After your workout, cool down with a 5-minute stretch, see pages 14-15.

**1 minute for each exercise: 2 circuits = 10 minutes**  
(1 minute rest between circuits)

## STEP UP (IF YOU HAVE A STEP/STAIRS AVAILABLE, IF NOT MARCH ON THE SPOT)



**To do a step up, smoothly** step onto the step/box/stair with one foot, keeping the other foot firmly on the floor until you transfer your body weight onto your raised foot whereby you then straighten your raised foot, taking both feet up onto the step/box, finishing with both legs straight.

Lower one foot back down to the ground, and then the other, prior to repeating the movement for the desired amount of steps, taking care to make sure you plant your foot firmly on the step, especially when you get tired, avoiding poor technique as this can lead to injury.

This can be completed in a walking/running motion.

## FULL JACK OR HALF JACK



**To do a full jack,** stand tall with your arms by your side and knees slightly bent. Reach up, extending your arms and legs out into a star shape. You don't have to jump high to do this. Then move your legs back together and bring your hands back by your side. Keep your abs tight and back straight during the exercise.

**To do a half jack,** stand tall with your arms by your side and move your right leg and right arm out to the side at the same time. Move them back in, then repeat on the left side.

## HAMSTRING CURL WITH BICEP CURL

19

3



**To do a hamstring curl**, start with your feet wide apart bring one heel close to your opposite buttock, transfer your body weight onto the foot that is flat on the floor, leaning slightly to the side, to aid your balance. Repeat this again with the other leg in a controlled flowing motion.

To make this exercise harder you can bring the arms in with a bicep curl either with some light handheld dumbbells or by touching your shoulders with your hands.

## TOE TAPS FORWARD (THE REVERSE OF BACK TAP)

4



**To do a top tap forward**, start with your feet shoulder distance apart and take one foot out in front of you and place your toe on the ground lightly, bring that foot back to its starting position and repeat this again with the other foot. Continue this action in a controlled flowing motion.

Alternatives to this exercise can be to place your toe onto a higher object for example a step/box/stair.

## MOUNTAIN CLIMBERS

5



**To do a mountain climber**, start in the push up position, pull one foot up underneath you so that your knee is at chest level, as you pull it forward bend it in, while the other leg becomes extended, alternate foot positions rapidly in a controlled flowing motion

**Don't forget now to cool down with the 5-minute stretch routine – see pages 14-15.**

**Firm up your bum, abs, legs and arms with this 10-minute home toning workout. You'll need a resistance band (also called an exercise band) for some of the exercises. If you don't have one, you can use bottles of water or other weighted objects.**

This toning exercise routine counts towards your recommended weekly activity target for strength. Before you begin, warm up with a 6-minute warm-up routine, see pages 12-13. After your workout, cool down with a 5-minute stretch, see pages 14-15.

## THE 3/4 PRESS-UP OR FULL PRESS-UP - 2 SETS OF 12 TO 15 REPS



### THE 3/4 PRESS-UP

Place your hands underneath your shoulders with your arms fully extended, palms flat and fingers facing forward. Rest your knees on the floor. Bend at your elbows, lowering your chest down, no lower than 5cm from the floor. Push back up and repeat.



### THE FULL PRESS UP

Place your hands underneath your shoulders with your arms fully extended, palms flat and fingers facing forward. Keep your legs straight and knees off the floor.

Bend your arms at your elbows, lowering your chest until its 5cm above the floor and your elbows reach 90 degrees.

Keep your back and legs straight at all times, as if your body was a plank. Try not to bend or arch your upper or lower back as you push up. Push back up and repeat.



## TRICEP DIP - 2 SETS OF 12 TO 15 REPS

21



Sit on the floor with your knees bent, feet on the floor, hands on the floor behind you with fingers pointing towards your body.

To begin, lift your hips off the floor. Now, slowly bend your elbows and lower your body close to the floor and slowly push back up, but don't lock the elbows.

For more of a challenge, rest your hands on a stable bench or step.

## SHOULDER PRESS - 2 SETS OF 12 TO 24 REPS



Place the resistance band under both feet, stand tall with your arms bent and by your sides, fists raised to shoulder level.

Without lifting your shoulders, slowly extend your arms above your head until they come together, and then widen the hand grip as you return your arms to their starting position.

## SHOULDER PRESS WITH LUNGE - 1 SET OF 12 TO 24 REPS ON EACH SIDE



Get into position by putting your right foot forward. Place the resistance band under the right foot and hold onto both ends.

As you bend your legs to drop into a lunge, straighten your arms above your head as high as feels comfortable.

Slowly return to the starting position and repeat.

## BICEPS CURL - 2 SETS OF 12 TO 24 REPS

22

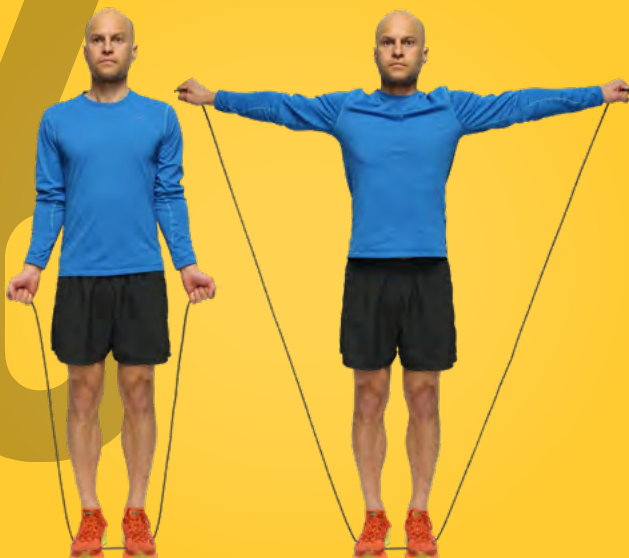


Standing tall with feet hip-width apart, place the resistance band under 1 foot, or 2 for more of a challenge. Keep your stomach flat and squeeze your bum.

Hold the band with arms straight and by your sides, and palms facing out.

Slowly bend from the elbow, raising your fists to your shoulders, keeping your elbows tucked in. Slowly lower the band down and repeat

## LATERAL RAISE - 2 SETS OF 12 TO 24 REPS



Stand tall with feet hip-width apart. Place the resistance band under both feet. Keep your stomach flat and squeeze your bum.

Hold the band in each hand, palms facing in, and arms straight by your sides.

Slowly raise both arms, keeping them straight, up to shoulder height, taking care not to lift your shoulders.

Slowly lower and repeat

## SQUAT - 2 SETS OF 15 TO 24 REPS



Stand with your feet shoulder-width apart and your hands down by your sides or stretched out in front for extra balance.

Lower yourself by bending your knees until they're nearly at a right angle, with your thighs parallel to the floor.

Keep your back straight and don't let your knees extend over your toes.

## LUNGE - 1 SET OF 15 TO 24 REPS WITH EACH LEG

23



Stand in a split stance, with your right leg forward and left leg back. Slowly bend the knees, lowering into a lunge, until both legs are nearly at right angles.

Keeping the weight on your heels, push back up to starting position.

Keep your back straight and don't let your knees extend over your toes.

## STOMACH CRUNCH/SIT UP - 2 SETS OF 15 TO 24 REPS



Lie down on your back, knees bent and hands behind your ears.

Keeping your lower back pressed into the floor, raise your shoulder blades no more than 7.5cm off the floor and slowly lower down.

Don't tuck your neck into your chest as you rise, and don't use your hands to pull your neck up.

## BACK RAISE - 2 SETS OF 15 TO 24 REPS



Lie down on your back and place your hands by your temples, or extended out in front for more of a challenge.

Keeping your legs together and feet on the ground, raise your shoulders off the floor no more than 7.5cm and slowly lower down.

Keep a long neck and look down as you perform the exercise.

**Don't forget now to cool down with the 5-minute stretch routine – see pages 14-15.**

# FANCY A CHALLENGE?

Why not try one of the challenges below to get yourself moving more? You could either do this challenge by yourself to reach a personal goal, or challenge your friends/family/colleague to see who can do the most?

## HOW MANY SIT UPS CAN YOU DO IN 1 MINUTE?



(See page 24 for sit up instructions)  
Can you try and beat your number each week?

## HOW LONG CAN YOU HOLD A 'WALL SIT' FOR?

Get someone else to time you!

Can you beat your time each week?



## HOW MANY SIT TO STANDS CAN YOU DO IN 1 MINUTE?



(See page 7 for sit to stand instructions)  
Can you try and beat your number each week?

## HOW MANY PRESS UPS CAN YOU DO IN 1 MINUTE?



(See page 20 for press up instructions)  
Can you try and beat your number each week?



# USEFUL CONTACTS

SERVICE	CONTACT DETAILS
<b>Livewire Lifestyles Team services</b>	0300 003 0818 <a href="http://www.livewirewarrington.co.uk">www.livewirewarrington.co.uk</a>
<b>University of 3rd Age (U3A)</b>	<a href="http://www.u3asites.org.uk/warrington/home">www.u3asites.org.uk/warrington/home</a>
<b>First Response Team (previously known as Access Social Care)</b>	01925 443322 (out of hours on 01925 444400) <a href="mailto:asc@warrington.gov.uk">asc@warrington.gov.uk</a>
<b>My Life Warrington (service directory)</b>	<a href="http://www.mylifewarrington.co.uk/kb5/warrington/directory/home.page">www.mylifewarrington.co.uk/kb5/warrington/directory/home.page</a>
<b>Lifetime Centre</b>	01925 246824 <a href="http://www.lifetimegateway.org.uk/">www.lifetimegateway.org.uk/</a> <a href="mailto:mail@lifetimegateway.org.uk">mail@lifetimegateway.org.uk</a>
<b>Warrington Disability Partnership (WDP)</b>	01925 240064 <a href="http://www.disabilitypartnership.org.uk">www.disabilitypartnership.org.uk</a>
<b>Community Rehab and Falls service (NHS Bridgewater)</b>	01925 867719 <a href="http://www.bridgewater.nhs.uk">www.bridgewater.nhs.uk</a>
<b>Age UK (Mid Mersey)</b>	01744 752 644 <a href="http://www.ageuk.org.uk/midmersey">www.ageuk.org.uk/midmersey</a> <a href="mailto:enquiries@aukmm.org.uk">enquiries@aukmm.org.uk</a>
<b>24/7 Mental Health Crisis Line</b>	FREEPHONE 0800 051 1508
<b>Warrington Home Improvement Agency (WHiA)</b>	01925 246812 <a href="mailto:whia@wha.org.uk">whia@wha.org.uk</a> <a href="http://www.whia.org.uk/">www.whia.org.uk/</a>



# USEFUL WEBSITES & APPS

## USEFUL WEBSITES & APPS

### Public Health England 'Active at home' booklet

[www.campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118](http://www.campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118)

### This Girl Can – 'No one gets to choose how you exercise other than you'

[www.thisgirlcan.co.uk/](http://www.thisgirlcan.co.uk/)

### Better Health campaign

[www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

### Sport England 'Join the Movement'

[www.sportengland.org/jointhemovement](http://www.sportengland.org/jointhemovement)

### 10 Today

[www.bbc.co.uk/programmes/p087wddm](http://www.bbc.co.uk/programmes/p087wddm)

### We Are Undefeatable

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

### Moving Medicine – COVID recovery

[www.movingmedicine.ac.uk/covidrecovery/](http://www.movingmedicine.ac.uk/covidrecovery/)



### Active 10 app

The Active 10 app records every minute of walking you do (anonymously). Just pop your phone in your pocket and away you go!

The app:

- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!



### Couch to 5K app

A running programme for absolute beginners. Couch to 5k has now helped more than 4million people start running.

The app:

- has a choice of 5 trainers to motivate you
- works with your music player
- tracks your runs
- connects you with other couch to 5k runners

couch to 5k can be completed in as little as 9 weeks, or longer if you want to go at your own pace.



