

# 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.

## Armchair aerobics

**That Counts!**

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

# 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:

Join the movement #StayInWorkOut  
[sportengland.org/stayinworkout](https://sportengland.org/stayinworkout)

Make movement your mission - videos  
for those who are less mobile  
[bit.ly/3apxPnc](https://bit.ly/3apxPnc)

Strength based activity for older adults:  
[nhs.uk/live-well/exercise/strength-exercises/](https://nhs.uk/live-well/exercise/strength-exercises/)

Support for your mental wellbeing:  
[mind.org.uk/information-support/coronavirus-and-your-wellbeing/](https://mind.org.uk/information-support/coronavirus-and-your-wellbeing/)

Find the best way  
to get your 30 in



@ThatCountsGM



# Moving more at home

**That Counts!**

Move more.  
Sleep well. **Feel better.**

Find the best way  
to get your 30 in



@ThatCountsGM

# The best bits about moving more

Just 30 minutes a day, helps **increase energy**, so you can get more done. It helps you **sleep well** too, so you'll feel more awake during the day. It can also really **improve your mood** as well as your fitness, helping you to **feel happier and healthier**.

## Older adults - staying stronger for longer

### 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.



### How can I make it more challenging?

When you can do this with ease, try using your arms less, and work towards not using them at all.

### SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up – using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair – using your hands on the chair if needed.

**Repeat 10 times.**

This will strengthen the muscles in your thighs and bottom.



### How can I make it more challenging?

Try to use your support less.

### HEEL RAISES

Stand tall with your feet hip width apart. Hold your support if needed. 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.

**Repeat 10 times.**

This will help to strengthen your ankles.



### How can I make it more challenging?

Try to use your support less.

### TOE RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of 3 and lower for a slow count of 5.

**Repeat 10 times.**

This will help to strengthen your ankles and shin muscles.



### How can I make it more challenging?

Try to use your support less and hold the position for longer.

### HEEL TOE STAND

Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front.

**Repeat twice on each foot.**

This will help to strengthen your ankles and improve balance.



### How can I make it more challenging?

Try walking backwards.

### HEEL TOE WALKING

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

**Repeat the steps in the other direction.**



### How can I make it more challenging?

Try to use your support less and hold position for longer.

### ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with the other leg.

**Repeat twice on each foot.**

This will help to strengthen your ankles and legs and improve balance.