

# Move more

Keep active at home during the COVID-19 pandemic



## WATCHING TV

Get up each time an advert comes on TV - Try taking a short walk or some simple exercises.



## ON THE PHONE

Try to stand or walk around your home or garden



## MUSIC

Dance to your favourite music. If you cannot stand, why not try seated dance.



## SEATED EXERCISE

Try to do seated exercises such as air punches or marching legs.



## WALKING

Walk around the home or garden for 10 minutes two or three times a day. Vacuuming and brushing floors will get you moving.



## YOGA

Perform yoga or simple stretching to maintain flexibility. Deep breathing and mindfulness can reduce anxiety.



## STRENGTH EXERCISE

Build in strength exercises by doing push-ups against a wall, the kitchen counter or on the floor.



## GET MOVING

Use a tin of beans or a jar of carrots as weights for upper body exercises.



## VIRTUAL WORKOUT

Join a virtual workout session. For older adults organisations like Age & Opportunity and Siel Bleu host virtual sessions.

