

Ways to keep active



Mencap knows it is hard to get out to your usual activities in the community, including continuing on your Round the World Challenge journey.



The Government are still encouraging, where possible people to keep being active. Keeping active is good for your physical and mental health. The Government's advice and information around the Corona Virus does continue to change, please keep up to date with government [guidelines](#).



To reduce the spread of Corona Virus the Government are limiting exercise outside of your home to **once a day**. If you exercise outside of your home you must stay **2 metres** apart from other people.

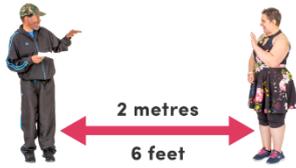


Here are a few free suggestions for you to keep active, as long as you are feeling well.

Outdoor activities



Most **parks** are remaining open as usual. You can continue to walk, cycle or run in them but only once a day.



Remember to stay 2 metres apart from other people.



Remember to wash your hands for 20 seconds when you get home again.

Ways to be active at home



You can try **moving** around your home, for example walking up and down the stairs, **yoga** or having a **dance**.



Use soft objects like socks to throw or bowl at targets on the floor. If you want to play **boccia** check out the [rules](#).

Following exercise videos online from your computer or TV.



BUPA – BUPA have created a 15 minute workout document you can download and follow:

Website: <https://assets.bupa.co.uk/~media/images/healthmanagement/pdfs/fifteen-minute-workout.pdf>



The Stroke Association – The Stroke Association have created a stay active at home page. This has a few activities you try at home as well as some videos to follow:

Website: <https://www.stroke.org.uk/finding-support/staying-active-when-staying-home>



Wheelpower have made some yoga videos, for people with disabilities to follow.

Website: <https://www.wheelpower.org.uk/resources/adaptiveyoga>



This Girl Can has home exercise videos, tips and advice.

Website: <https://www.thisgirlcan.co.uk/activities/home-exercise/>



Special Olympics have made some exercise videos, for people with a learning disability to follow.

Website: <https://bit.ly/2vuRR0e>

Becky Lynch, WWE star has made some strength exercise videos with **Special Olympics** for people with a learning disability to follow.

Website: <https://www.specialolympics.org/school-of-strength>

ONE YOU

One You has made some different exercise videos.

Website: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>



Parasport have made some videos, for people with a disability to follow.

Website: <https://parasport.org.uk/home-workout-kris>



The NHS has made some 10 minute exercise videos

Website: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



Chartered Society of Physiotherapy – This link has both a video of activities and a download sheet of activities:

Website: <https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength>



Age UK – Age UK have put together some activities to follow at home

Website: <https://www.ageuk.org.uk/hillingdonharrowandbrent/about-us/news/articles/2020/staying-active-at-home/#>



Shapemaster has exercise videos on **YouTube** that you can do at home

Website: <https://www.youtube.com/user/ShapemasterUK>



World Health Organisation – The World Health Organisation has created activity cards to help you stay active

Website: <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>



The LTA have created videos for tennis activities that you can do at home.

Website: <https://www.lta.org.uk/tennis-at-home>



Good House Keeping – Good House keeping have put together 12 expert tips to stay active while in isolation

Website: www.goodhousekeeping.com/uk/health



**LORD'S
TAVERNERS**

Lords Taverners: The cricket charity have a number of resources available for you to follow on their website

Website: <https://www.lordstaverners.org/how-we-help/charitable-programmes/super-1s/staying-active-at-home/>



Healthline – Healthline have produced 30 exercises you can follow at home, they are both demonstrated and written down:

Website: <https://www.healthline.com/health/fitness-exercise/at-home-workouts#beginner-routine>



University of Oxford – The University of Oxford has a number of low intensity exercises you can do at home

Website:

<https://occupationalhealth.admin.ox.ac.uk/coronavirus-covid-19-how-to-exercise-at-home>



Flamingo Chicks: Flamingo Chicks have a number of online dance lessons you can follow

Website: https://www.youtube.com/channel/UCmLfRBnIPOmUiRw_wuILDWg

ROUND THE WORLD CHALLENGE



Fiton - The Fiton app and website has a range of online activities you tailor to your needs, all you need to do is put in your details and it will bring up all online classes

Website: <https://app.fitonapp>



YouTube has lots of videos. You can type in 'exercise' or 'workout' and choose one.

Website:

https://www.youtube.com/channel/UCmLfRBnIPomUiRw_wuILDWg



PACES – Paces are a charity working with people who have mild to severe disabilities. They have created a sitting down exercise session for you to follow/

Website:

<https://www.pacesheffield.org.uk/activemovement/?fbclid=IwAR2HidsxRPLI4wwMoBhp-Bk63OeSAyWmhwoulheBylitvcBMPgnDdPUm6a8>



Dance Syndrome – Dance Syndrome have created a number of different dance activities you can follow on there YouTube channel

Website: <https://www.youtube.com/watch?v=KtQwNcqTcQk>

*Remember you can keep doing the same video, if you find one you like.

Wider information on how to keep active



Description: Tips, advice and guidance on how to be active in and around your home. **#StayInWorkOut**

Website: <https://www.sportengland.org/stayinworkout/>

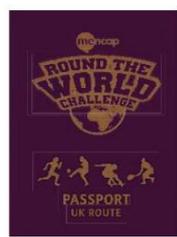


For more ideas on staying active you can search **#activeathome**, **#Healthyathome** or **#stayinworkout** on **Twitter**.

Keep track

Do not forget to keep counting how long you are active for, your journey can continue!

If you can try to record what you did and how long for you. You can do this in a notebook, in your Round the World Challenge passport or on the Round the World website.



Any questions?



You can email Mencap Sport on:
sport@mencap.org.uk

