



#ACTIVE
2GETHER

active
norfolk

#WE CARE
TOGETHER

Active2gether in Lockdown

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2GETHER

This winter lockdown will be tough for many of us, but rather than focus on the things that we can't do, let's celebrate one thing that we can do – keep active at home, and outdoors!

During the lockdown in spring, research found that 73% of people exercised to manage their physical health and 76% to manage their mental health – it's important that we keep active to stay strong

physically and mentally during this challenging time.

Active Outdoors

We know that fewer people will want to get outdoors during the winter lockdown, but with people who were active outdoors last time also reporting improved mental health as a result, then wrapping up warm and getting out for a walk, run or cycle is a brilliant option.

Please check the [latest guidance from the government](#) if you are unsure of what you can and can't do outdoors.

Keeping active Indoors

There are plenty of ways to stay active in the home too, even for those who are extremely vulnerable, so long as they're fit and able to do so.

See below for a list of resources for people of all levels to try at home.

For those who want a more leisurely pace:

- Living Streets have created a fun [#Try20 checklist](#) for you to take out on a 10-minute walk around your local area.
- The NHS 'One You' campaign has [a range of free apps for keeping mentally and physically well](#)
- The NHS 'One You' campaign also has [a range of entry-level workout videos](#).
- The NHS have also created these simple exercises for:
 - [Strength](#)
 - [Balance](#)
 - [Flexibility](#)
- 'Move it or Lose it' have several follow-along videos for chair-based and simple activities [on their Facebook page](#). You can tune in to their live broadcast, or watch them whenever you're ready.
- You could join the ['Make Movement Your Mission' Facebook group](#) for 3 live videos of 10-minute exercises every day!

For people with long term conditions or disabilities:

- We Are Undefeatable have [a range of exercises, tools, and videos to inspire those with a long term condition to keep active](#).
- [Change4Life accessible activities for children and young people with disabilities](#)
- The Activity Alliance have compiled [resources for helping those with disabilities to get active at home](#)
- Cerebral Palsy Sport have put together a [wellbeing guide including nutrition tips and exercise](#)



For those who want to get a sweat on:

- The NHS have [a range of 'Gym-free' workouts](#), which come in a handy poster format.
- You could follow an [NHS yoga workout](#) to improve strength and tackle stress
- Try Joe Wicks [7 days of sweat](#) or have a look into some local personal trainers on social media
- Have a look on YouTube or other social media channels for free videos, there are loads of options out there!

For more ideas from others:

- Sport England have compiled [a fantastic list of ways to keep active for people of all levels of fitness.](#)
- Yorkshire Sport Foundation have [a great list, with guides for working from home too.](#)
- This Girl Can [have loads of great videos, tips and ideas](#) - and they're not just for girls!
- Mind have compiled [a list of resources to help you manage your mental wellbeing - including being active.](#)
- Going out for a cycle? Bikeability have put together [a guide to keep you safe whilst cycling during the lockdown.](#)
- [Active at Home](#) – Active Norfolk offers a range of great activity ideas you can do at home, no matter your fitness level or ability. Specific workouts for those with a disability or limiting illness are also available, as well as downloadable exercise guides, videos, and more.
- [January Active Advent](#) – let Active Norfolk take the guess work out of your active new year's resolutions with a new exercise or workout to find behind the door every day!