

Home Exercise Activities

Older people and people with long-term health conditions

We have put together some ideas and tips to help you increase your activity levels at home. These are particularly useful if you are unable to attend community exercise sessions and are looking for an alternative. They can also be done to supplement your other activities and increase your activity levels further.

It is incredibly important to make sure that you feel well enough before exercising, as well as following the health and safety advice and instruction in all videos and handouts.*

Try to exercise daily where possible. This can include going for short walks, gardening, and DIY jobs as well as more specific exercise sessions. There are more great ways than you might think to exercise in your own home, with a variety of options that don't require specialist equipment and can be done in relatively small spaces, such as a clear floor space in a living room or bedroom.

Remember start gradually and build up slowly if you are new to any of these exercises.

NHS exercise and advice

The NHS have a variety of exercise routines you can try, including:

Sitting exercises: www.nhs.uk/live-well/exercise/sitting-exercises/

Strength exercises: www.nhs.uk/live-well/exercise/strength-exercises/

Balance exercises: www.nhs.uk/live-well/exercise/balance-exercises/

Flexibility exercises: www.nhs.uk/live-well/exercise/flexibility-exercises/

NHS Strength and Flex exercise plan – How to videos: A series of equipment-free exercises designed to improve your strength and flexibility. The workout instructions and pace are easy to follow to make sure you perform each exercise correctly and in time. www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/strength-and-flex-exercise-plan-how-to-videos/

NHS Fitness Studio: Take your pick from 24 instructor-led videos across aerobics exercise, strength and resistance, Pilates, and Yoga categories. These workouts have been created by fitness experts 'InstructorLive' and range from 10 to 45 minutes. www.nhs.uk/conditions/nhs-fitness-studio/

NHS Yoga Video: Yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing. This 50-minute video is suitable for all fitness levels. www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/

NHS Pilates Video: This 45-minute Pilates workout video is suitable for beginners, improvers or anyone who wants to get back to basics. www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/

NHS Better Health Support: Get active with these tool and tips to move more every day, including short home workout videos, and useful apps (e.g. Couch to 5km and Active 10). www.nhs.uk/better-health/get-active/

NHS Home wellbeing and fitness guide: An information and exercise booklet to help you keep fit and take small steps to feeling good. Exercises include mobility, stability,



balance and coordination, strength, and cardio. <https://solihullonthemove.co.uk/wp-content/uploads/2022/11/NHS-HOW-Fit-Leaflet-ICS-final.pdf>

We Are Undefeatable www.weareundefeatable.co.uk

This campaign is supporting people with a range of long-term health conditions, to get active and stay active. Encouraging people to find ways to be active that work with each person's conditions, not against them. The YouTube channel has a wide selection of videos to choose from, including Tai Chi and Yoga, energising and strength routines. www.youtube.com/channel/UCIEmdVc80h7Gft4oLLkwGhw/playlists

Stronger My Way (Chartered Society of Physiotherapy)

Being stronger lets you do more, feel better and stay active. This is why so many people living with a health condition are finding it makes a real difference to their quality of life. The website includes advice and physio-approved exercises. www.csp.org.uk/campaigns-influencing/campaigns/stronger-my-way

Age UK Solihull Online PSI videos

Join in with postural stability instructor Sharon's gentle exercise class videos. All you need for most of them is a chair with a bit of space around it. www.ageuk.org.uk/solihull/services/falls/

Couch to Fitness programme

Couch to Fitness is an at-home exercise plan for beginners. The plan involves 3 video sessions a week, with rest days in between & a different schedule for each of the 9 weeks. Find out more and sign up for free at: <https://ourparks.org.uk/couch-to-fitness>

Everyone Active Home Workout & Health Article Library

Free home workouts & health articles to help you and your family stay fit and healthy at home. Including: 10 Home Arm Workouts, 10 Home Leg Workouts & how to improve your flexibility at home. www.everyoneactive.com/content-hub/home-workouts/

Joe Wicks 10-minute workouts for seniors

The Body Coach, Joe Wicks, has designed some short home workouts for seniors or for anyone looking for something a bit lighter. These videos can be found on his YouTube channel. There are also some seated workouts to choose from. www.youtube.com/playlist?list=PLyCLOpd4VxBvH1ZqD6Vp6vD2C2No1cloe

Love to Move seated activity programme

Take part in the British Gymnastics Foundation programme online. Chair-based exercise designed for older people, to help improve memory, balance, flexibility and co-ordination. <https://britishgymnasticsfoundation.org/lovetomove/>

Move it or Lose it

A series of strength and balance exercise videos for older people. www.youtube.com/user/MoveitorloseitUK

Public Health England 'Active at Home' Booklet

This booklet includes practical guidance for older adults helping you to find ways to build activity in your day and a series of easy exercises to help maintain strength and balance. If done regularly these can increase fitness levels, maintain independence and reduce care need.

<https://solihullonthemove.co.uk/wp-content/uploads/2022/11/PHE-Active-at-Home-Booklet-May-2020.pdf>



Active at Home
A guide to being active at home during the coronavirus outbreak.



'Silver Swans' ballet exercise videos

Fancy doing something different to keep active at home? The Royal Academy of Dance have a series of online ballet exercise videos, helping people get moving. YouTube channel: Royal Academy of Dance at Home:

www.youtube.com/watch?v=INXFCLuEafw&feature=youtu.be

Health Condition Specific Support

Alzheimer's UK: Leading a physically active lifestyle can have a significant impact on the wellbeing of people with dementia www.alzheimers.org.uk/get-support/daily-living/exercise

British Heart Foundation: Information, advice & fantastic workout resources that you could follow, including:

- Video: [10 strength exercises](#) to do at home
- Video: [10 minute living room workout](#)
- Guides to [chair-based exercise](#) and [chair yoga](#)
- Video: [Strength exercises using everyday objects](#)



British Lung Foundation: Information, advice & exercise videos that you can join in with. www.blf.org.uk/support-for-you/keep-active/exercise-video

Chartered Society of Physiotherapy: Dedicated videos to help manage pain and certain conditions. Including: Back pain, Shoulder pain, Neck pain, Knee pain, Foot pain, Tennis Elbow and Carpal Tunnel Syndrome. www.csp.org.uk/conditions

Diabetes UK: Information & advice on how being physically active is good for diabetes www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise

Macmillan Cancer Support: Information, advice and resources including a downloadable Sport, physical activity and cancer toolkit. www.macmillan.org.uk/healthcare-professionals/news-and-resources/guides/sport-physical-activity-and-cancer-toolkit

Information on specific cancer types can be found on other charity websites, including:

- [Breast Cancer Now](#) has physical activity advice and even some [videos](#) to join in with.
- [Prostate Cancer UK](#) shares physical activity advice and personal stories.
- [Leukaemia Care](#) includes physical activity recommendations and workout [videos](#).

Mind: Information about how physical activity can help your mental health, and tips for choosing an activity that works for you.

www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/

MS Society: Advice & support including a selection of videos of simple exercises for MS www.mssociety.org.uk/care-and-support/everyday-living/staying-active/simple-exercises-for-ms. Pilates for MS (including mat, seated and standing options) is also on the website.

Parkinson's UK: Their very own YouTube channel is full of exercise and Parkinson's videos www.youtube.com/playlist?list=PL1ixQpbHed3ZS0iZKlb4RKmtM2JiMadtV



Royal Osteoporosis Society: Useful exercise videos and fact sheets that are good for bone health and/or if you have osteoporosis. <https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis>

Versus Arthritis: Tips for exercising with arthritis and exercises to help you manage your pain www.versusarthritis.org/about-arthritis/exercising-with-arthritis/

* **Disclaimer:** Taking part in any of these exercise opportunities is at your own risk. Solihull Council makes no claim or representation regarding, and accepts no responsibility for, the quality, content, nature, reliability or safety of third-party websites or services accessible by hyperlink ("Links") from this document or any webpage on the Solihull on the Move website <https://solihullonthemove.co.uk/> ("Website") or third-party websites linking to the Website. Solihull Council provides these Links to you only as a convenience and/or for educational purposes, and the inclusion of any Link does not imply any affiliation, endorsement, or adoption by Solihull Council of the website or any information contained in it.



**I SAID ONE DAY.
THIS IS DAY ONE.**

Get help and support to get active at nhs.uk/BetterHealth

NHS

Better Health

LET'S DO THIS

