

Online Exercise video links –create your own work-out at home.

Physical activity known is to be really good not only for health and mental wellbeing it helps manage stress, improves your sleep and your quality of life. In addition, it can keep you strong and well balanced which helps maintain independence and confidence. (UK chief medical officers' Physical Activity Guidelines 2019)

It is recommended that we all build physical activity into your daily routine, where possible. Below there are links to a variety of exercise programmes. Please read the joining instructions carefully to ensure this suits your level of fitness and health. If in any doubt start with the lower level activities and build up, particularly if you are not used to exercising.

Standing

10-45 mins for different levels of ability.

A range of exercise videos including aerobic, strength, yoga/Pilates, and beginners running podcasts. Some exercises can be adapted to be done seated.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

A 10 minute routine in standing. Recommended for people with good balance and lower limb mobility. **Note:** Some high impact exercises included e.g. jumping; some exercises done on floor e.g. sit-ups. Not recommended for anyone with Osteoporosis.

<https://www.bhf.org.uk/heart-matters-magazine/activity/10-minute-workout>

Seated

A pilates-inspired exercise video suitable for people who have difficulty getting down to the floor and would prefer the support of a chair. <https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video/>

A comprehensive exercise programme produced by Macmillan Cancer Support and published on YouTube. Includes warm-up, cardio, strength and cool-down videos, with some seated options included.

<https://bit.ly/2sw9VSS>

Strength & Resistance

Strength activities make your muscles stronger making everyday activities easier. Some of these can be done while seated.

<https://www.bhf.org.uk/heart-matters-magazine/activity/strength-exercises>

<https://www.bhf.org.uk/heart-matters-magazine/activity/strength-exercises-using-everyday-objects>

Below are links to a well evidence strength and balance programme which can be done in sitting or standing. These are around 15 minutes each session and can be done live or later on, when it suits you.

Resistance Band Exercises

Resistance bands are large elastic bands that you can use to strengthen different areas of the body. They can be good for people with limited mobility, as many of the exercises can be done while seated.

<https://www.bhf.org.uk/heart-matters-magazine/activity/resistance-bands>

Tai Chi

Tai Chi comprises a series of postures linked by slow, graceful movements and accompanied by breathing techniques that focus the concentration. Benefits include improved balance, relaxation and increased energy levels. It's can also help to reduce the suffering associated with chronic pain conditions.

Follow-along videos in seated and standing versions.

Broken down into introduction, parts 1, 2, 3 and full version, and cool-down.

<https://www.torbayandsouthdevon.nhs.uk/services/pain-service/reconnect2life/improving-health-and-fitness/tai-chi/>



Later Life Training (LLT) invites you, your exercise group participants, your patients and your family to join us live on Facebook for 10 minutes, 3 times a day to take part in our "Make Movement Your Mission".

Make Movement your Mission sets out to:

- give you some simple ideas and resources to show you how easy it can be to move more
- nudge you into regular action a little more than you would have
- help you towards developing your moving habit whilst feeling part of a community

At 8am, 12pm and 4pm every day until the 20th April, join us for a series of live "Movement Snacks" led by LLT's Bex Townley. These aim to encourage everyone to move more/frequently throughout the day for muscles, mind and wellbeing. For anyone that misses these live videos and would like to catch up, they will be available on the [Make Movement Your Mission](#) facebook page, and they'll also be uploaded onto [LLT's Youtube channel](#) shortly after the live stream ends.