



PHYSICAL WELLBEING – EASY TO ACCESS RESOURCES AND IDEAS

Exercising whilst distanced or isolated

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

Physical exercise

Chair based

<https://www.rosemaryconley.com/library/exercise/chairobics>

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises>

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

file:///C:/Users/naomi/AppData/Local/Microsoft/Windows/INetCache/IE/I32ODLHE/Chair-Based-Exercise_Cambridge.pdf

<file:///C:/Users/naomi/AppData/Local/Microsoft/Windows/INetCache/IE/BYDMGRBX/chair-based-home-exercise-programme.pdf>

https://blogs.bmj.com/bmj/2020/03/16/covid-19-home-based-exercise-activities-could-help-during-self-isolation/?fbclid=IwAR0flsufoT70zML88uSeXvPrURyG00d7cMN_qufDq3zD7Jz7uZBKsKwTcGg

Gentle exercise

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

Joe Wicks daily PE class

Find on Joe Wicks YouTube

Stay in work out

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

100 varied workouts

<https://watch.lesmillsondemand.com/at-home-workouts>

Exercise for the brain

If you have a library card sign up for the Libby app and download books / audiobooks
Download Zoom and host a quiz



Exercise your social side

www.houseparty.com

Relaxing exercise for the mind

www.cakeandicecreamorg.wordpress.com/blog/

Meditation

<https://www.wikihow.com/Meditate>

Mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>