

## **Resources: Physical Activity in Self Isolation**

**Below are some ideas and links to websites that will help keep you active.**

***Always remember the talk test:*** "while exercising it is ok to be a little warm and out of breath but you should still be able to talk in full sentences, if you cannot do this you need to rest".

Please avoid weight lifting and anything else you have been recommended to avoid by your physiotherapist and/or consultant.

### **Promotion**

#### **Mayo Clinic**

Importance of Home Exercise while being in isolation

<https://newsnetwork.mayoclinic.org/discussion/importance-of-home-exercise-while-being-isolated/>

#### **Heart Research UK**

A guide to congenital heart disease: Adult patient resources

<https://chd.heartresearch.org.uk/about-toolkit>

#### **Somerville Foundation Website**

Information to help you exercise safely

<https://thesf.org.uk/exercise/>

#### **British Heart Foundation**

How to get active indoors

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors>

#### **British Heart Foundation**

How to keep healthy while you're self-isolating – includes an exercise clip

[https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating?utm\\_campaign=Daily%20Content~t2020-720&utm\\_medium=Social-organic&utm\\_source=Twitter&utm\\_content=&utm\\_term=](https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating?utm_campaign=Daily%20Content~t2020-720&utm_medium=Social-organic&utm_source=Twitter&utm_content=&utm_term=)

### **British Heart Foundation**

Has some great links for exercise ideas such as 10 minute work outs, links for different free apps and even tips on how to stay active in the garden

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

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/7-free-fitness-apps>

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

### **Live Well**

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

### **Exercise Clips**

#### **Sports England**

Join the movement - Stay in, work out

Join the movement is a brand-new campaign from Sport England designed to give you the advice and tools to help you do this while the country deals with the coronavirus (Covid-19) outbreak.

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

#### **Joe Wicks**

10 Minute chair work-out for seniors (**low intensity**) – The body coach TV

This short home workout is designed for seniors or for anyone looking for something a bit lighter. Take care when exercising and if you don't already exercise regularly take it slowly at first.

<https://www.youtube.com/watch?v=ybVMu31DLQU#action=share>

#### **The Chartered Society of Physiotherapy**

Stay active at home

A simple set of exercises designed especially for older people to help everyone stay active at home.

[https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength?utm\\_source=Member%20services&utm\\_campaign=3446f93929-Coronavirus Update 2020 26 march 2020 COPY 02&utm\\_medium=email&utm\\_term=0\\_2054000848-3446f93929-334170753](https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength?utm_source=Member%20services&utm_campaign=3446f93929-Coronavirus%20Update%2026%20march%202020%20COPY%2002&utm_medium=email&utm_term=0_2054000848-3446f93929-334170753)

### **British Heart Foundation**

Cardiac Rehabilitation Exercise Videos

[https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos?utm\\_campaign=Daily%20content~t2020-741&utm\\_medium=Social-organic&utm\\_source=Twitter&utm\\_content=&utm\\_term=](https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos?utm_campaign=Daily%20content~t2020-741&utm_medium=Social-organic&utm_source=Twitter&utm_content=&utm_term=)

### **British Heart Foundation**

Yoga Exercises You Can Try at Home

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses>

### **Fitness Blender**

Search fitness blender and access free workouts, it lets you choose the duration, type, intensity of the workout and also lets you choose to do it with equipment or not. Suitable for all ages!!

<https://www.fitnessblender.com/>