

Get Fit, Active & Well

with Live Active Leisure



Whether you're shielding or recovering from illness, keeping active is essential to maintaining good health; it also boosts your mood, reduces stress and improves sleep quality.

This leaflet includes low impact exercises to incorporate some gentle movement into your daily routine, as well as some tips to help you maintain a healthy lifestyle; reducing the risk of long-term health conditions.



Top Tips

- Try to stick to a balanced, nutritional diet and keep hydrated
- Aim to be physically active every day
- Incorporate activities that improve strength, balance and flexibility at least 2 days a week
- Try to keep a positive mindset and keep connected
- Reduce time spent sitting or lying down and break up long sedentary periods with light activity

What is light activity?

Light activity is moving rather than sitting or lying down. Examples of light activity include:

- Getting up to make a cup of tea
- Moving around your home
- Walking at a slow pace
- Making the bed
- Cleaning and dusting
- Vacuuming
- Gentle exercise/activity
- Standing up

Seated Marching

Sitting on the edge of your seat, lift one leg off the ground and then place it back on the floor. Lift the other leg and continue in this pattern. **Progression** - At the same time swing the opposite arm. Imagine you are going for a walk, march at your own pace.

1 minute then rest for 30 seconds (repeat twice)



Seated Lateral Sidestep

Sitting on the edge of your seat, lift your right leg to the side and then lift your left leg to the same side. Bring both legs back to the starting position. Then repeat by placing your left leg out to the side followed by right.

Progression - When stepping to the right, raise your right arm and when stepping left raise your left arm.

1 minute then rest for 30 seconds (repeat twice)



Heel Raises

Sitting at the edge of your seat lift both heels of the ground so all weight is over your toes. Hold in this position for 3 seconds and then slowly lower your heels. **Progression** - Standing, holding onto the back of the chair. *2 sets of 10 reps.*



Sit to Stand

Sitting at the edge of your seat, both feet firmly on the ground. Press your heels into the ground to help you stand up, keeping your head up and your chest lifted. Before sitting down make sure you can feel the chair on the back of both legs.

2 sets of 10 reps



Counter / Wall Press Up

Stand roughly 50cm away from your kitchen counter and place both arms on the counter. Bend your elbows and bring your body closer to the counter, then push back to your starting position. **Progression** - use a wall. *Hold for 30 seconds, then rest for 10 seconds (repeat twice)*



Leg Extension

Sitting on the edge of your seat, holding on to the side with both hands. Slowly lift one leg out straight in front of you. Lower your leg and repeat with the opposite leg. *2 sets of 10 reps*



Seated Core Twist

Sitting at the edge of your seat, bring one knee up and touch it with your opposite hand. Repeat with the other knee and hand. **Progression** - Lift your knee higher, touch it with your opposite elbow. *2 sets of 10 reps*



Back of Leg Stretch

Sitting forward on your seat, slide one leg forward until your leg is straight with your heel on the floor. Lean forward from your hips and place your hands on your opposite leg.

Hold for 15 seconds and then do the same on the other leg.



Shoulder Stretch

Bring one arm across your body and use your other arm, just above the elbow, to pull the arm further. Repeat with the other arm.

Hold for 15 seconds and repeat 3 times



Healthy Nutrition



Keeping a positive mindset

Evidence suggests that there are a number of things you can do to improve your mental health and wellbeing. Trying these things out could make you feel more positive and able to get the most out of life.

- ☒ Plan practical things
- ☒ Stay connected with others
- ☒ Talk about your worries
- ☒ Look after your body
- ☒ Continue to do things you enjoy
- ☒ Take time to relax
- ☒ Create a new daily routine
- ☒ Look after your sleep
- ☒ Keep your mind active

For more information email: wellbeing@liveactive.co.uk