



BEING ACTIVE AT HOME

Physical activity at home

There are numerous way that we can still get our daily dose of physical activity when at home.

Gardening, housework and using the stairs all count. There are also lots of home workouts available online on video sharing platforms, the NHS website and more.

Here are some links that may help you:

Copy & paste them into your browser

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

<https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/>

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>

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

<https://youtu.be/O5YX5xg8Seg>

