

Mind, body and working at home - Exercise



Hints, tips and links to keep you and your teams calm, connected and well

Exercise

As long as you're well and not self-isolating, getting some fresh air and exercise outside each day brings many benefits for both physical and mental health, but even if you can't get out, there's still lots of activity you can access or do from home to keep you moving about and feeling good.

Particularly while many of us are not doing the morning commute, which can involve walking or cycling, it's even more important that we try and include some sort of moderate exercise in our day. Why not get family or children involved too (as long as they live with you) in some of the activities?

Here are just some of the things people have been doing:

Re-enact the morning commute – If the weather is good, why not grab a cuppa and have a 5 minute walk around your garden or just outside before you start your working day. Some fresh air and refreshment will help clear your head and prepare you for your working day.

PE with Joe Wicks – This is still a great way to start your day and you can access all the recorded sessions delivered in 2020 via YouTube. Joe includes a warm up, warm down and usually 2 sets of 10 x 30 second exercises as well as spot the difference and some general knowledge questions along the way.



Alice Liveing - Alice is a health and fitness blogger who uses Instagram as a platform to share content. She shares regular workouts for all levels of fitness that you can take part in from your living room, take a look ([aliveliveing](#))

Adidas Runtastic - With this app you can track any walking/running you do throughout the week in and around your home or out and about. If you're competitive, you could start a leader board with friends and set targets as an incentive to help improve fitness

Gardening – If you have an outdoor space and the weather is good, getting out in the garden is a great way to get some fresh air, connect with nature, exercise and accomplish something, even if you don't have green fingers. Did you know gardening burns between 200 – 600 calories an hour depending on the type of activity – blooming marvellous!



Walking – why not explore the area where you live, enjoy connecting with nature, finding pathways you've not ventured before and take some photos on your route to remind you of what you saw and how you felt while you were walking?



Whether you walk, run, cycle, garden, clean the house, do some HIIT via YouTube or follow a Yoga programme; keeping on the move is great for your posture, muscles, blood flow, general health and mental wellbeing.

When you move around and get your blood flowing you release endorphins and neurotransmitters like serotonin which make you feel good and help your body learn how to respond better to stressors – so exercise really can make you feel good (even if sometimes it's the last thing you want to do).

It's also important, if you are sitting for a large portion of the day, to do some stretching to help your back and neck. Here's a link to some simple stretches you can do to relieve tension in your neck, back and legs: <https://www.self.com/gallery/5-simple-stretches-that-release-tension-in-your-neck-back-and-legs>

Whether you choose high impact, low impact, relaxation or fun, any exercise and movement is good for you and can make you healthier and happier.

Useful links:

- **Public Health England** - This is the most up to date resource to use for coronavirus advice. They have a mental health and wellbeing page - <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>
- **The Body Coach TV** - <https://www.youtube.com/user/thebodycoach1> As well as PE with Joe there's access to over 250 free workouts for different ability levels
- **Beginner Home Workout routine:** <https://www.healthline.com/health/fitness-exercise/at-home-workouts#beginner-routine>
- **The Benefits of exercise:** <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

