

ACTIVE MOVEMENT AT HOME

For many, staying at home for long periods of time will be a very different experience. Yet being indoors for a while does not mean you cannot be active. We now know that standing and moving more but sitting less is good for you. So if you are very sporty or less physically active, it does not matter – you can make a difference to your health even at home. Active Movement is the way we do this.

SO MAKE YOUR HOME AN ACTIVE ONE TODAY!

For more information about Active Movement, go to www.activemovement.co.uk



WHY ACTIVE MOVEMENT?

After 20 minutes sitting your body begins to shut down in lots of different ways.

This includes increases in visceral fat and blood inflammatory markers, reduction in fat-burning enzymes and muscle wastage below the waist. Standing up after 20 minutes for a couple of minutes stops these effects.

Standing and moving reduces heart disease, diabetes, cholesterol and even some cancers.

Standing and moving improves creativity, energy levels, productivity and focus

Standing up uses 0.7 calories each minute (which can add up if you stand up all the time!)



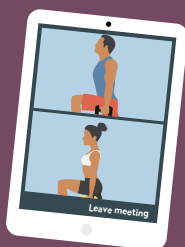
ACTIVE TIDYING

Doing things around the home can be very active. Tidying up, washing dishes, making beds, vacuuming are ways of being a bit more active.



ACTIVE TOGETHER

Struggling to get going or be active? Buddy up with friends or colleagues and remind each other each day – or share the exercises to the right.



ACTIVE CHALLENGES

- ✓ Stand up for 15 minutes in one go
- ✓ Walk 1000 paces in your house in one day
- ✓ Stand and sit down 10 times in a row
- ✓ Climb 50 stairs in a day
- ✓ Morning or afternoon, do not sit down for more than 20 minutes...
- ✓ ...or visit every room in your home each hour



CREATE AN ACTIVE DAY

- ✓ Try to reduce the time you sit down with a few simple changes to your daily routine
- ✓ Watching TV? Stand up when the ads come on
- ✓ Reading a book? Stand up every 15 minutes
- ✓ Ringing a friend or loved one? Stand up to call
- ✓ Making a cup of tea? Walk about as it boils. Do the same when you use the microwave
- ✓ Got some stairs? Climb them once an hour
- ✓ All together? One of you should stand up at any one time
- ✓ Got a clock? Stand at 20 past, 20 to and on the hour
- ✓ Playing computer games? Stand up



ACTIVE EXERCISE: SOME SIMPLE DAILY MOVEMENTS TO TRY

- ✓ Sit on a chair and then stand and sit down 20 times
- ✓ Stand with your feet shoulder-wide then squat down to your heels and stand 15 times
- ✓ Walk 200 paces in the house every day (include a walk up the stairs at the same time if you can)
- ✓ Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight
- ✓ Hop 15 times on each leg
- ✓ Try some seated exercises: www.nhs.uk/live-well/exercise/sitting-exercises
- ✓ Have a look at exercises for specific long term health conditions and different disabilities at: www.sportengland.org/stayinworkout#get_active_at_home

