



STAYING ACTIVE AT HOME!

Here is a guide to remaining active from home during the COVID-19 PANDEMIC.

Not only is remaining physically active important to maintaining good health and physique, but it is also very important to sustaining good mental health. Studies conducted prove that physical activity is beneficial in almost every way and is a great task to undertake when you wish to improve your mood and release stress, anxiety or tension. The World Health Organization recommend for people to engage in “150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity per week, or the combination of both”.

For many, the current global pandemic may have caused restrictions to the amount of physical activity that you carry out. Keeping active, whilst having to stay indoors may appear more daunting and undesirable more now than ever. However, there are several ways to avoid becoming sedentary during this quarantine period! Here are three easy, fun and heart pumping physical activities you can do from the comfort of your home.

HOME CARDIO

Cardiovascular exercise, also known as 'Cardio,' is popularly regarded as a form of exercise that works by increasing a person's heart rate and stamina.



Examples of cardio exercise that can be done from home include **running in place**, **lunge jumps** and **skipping in place**. Studies reveal the many benefits of cardio exercise being weight loss, maintaining good brain functioning and keeping cholesterol levels low. Making use of home spaces such as the stairs or the garden (if applicable), can also make for good cardio workout practices.

There are many online resources that can assist you in developing a more routine cardio workout plan at home. For example, the National Health Services (NHS) provide step by step guide to completing a 10-minute cardio routine on their website.

Please visit: <https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/> for more information.

There are also many online videos you can find on YouTube and various illustrating home cardio workout ideas. Where you are able to choose a workout, plan tailored your level of fitness and what you desire to achieve.

YOGA

Yoga is another good adoption to consider for staying active at home. Yoga is known to increase flexibility and is far less intense than cardio, but just as beneficial.

There are many different forms of yoga, as they vary in the level of complexity and intensity. Yoga is known to improve an individual's well-being in various ways and research appear to support this. Studies conducted suggest that the advantages of participating



in yoga activities include, decreasing persistent back aches, relieving stress and anxiety whilst lifting one's mood.

There are many different yoga workouts to choose from, and for a beginner this could become a difficult task of not knowing which to choose from. [Mind.org.uk](https://www.mind.org.uk) have now created a space where online yoga classes can be easily accessed. 'Yoga with Adrienne' can now be accessed here: <https://yogawithadriene.com/free-yoga-videos/>. Adrienne hosts a number of yoga sessions that facilitates for both beginners and those who seek more advanced methods.

FUN HOME ACTIVITIES

Structured workout routines may not entice everyone who are considering methods of staying active at home. However, there are activities or tasks that are far more relaxed but promote just as much physical activity as a 10-minute cardio workout session would.



Studies suggest that doing a minimum of 10 minutes of leisure activities such as dancing in your living room, or gardening is enough to increase a person's physical, emotional and psychological well-being.

Instead of an energetic morning workout or a relaxing late-night yoga session, it could be equally as beneficial and healthful to try growing your own fruit and vegetables in your back garden. Or maybe have a little solo dance party or dance off with your family, an activity that will most likely lift your mood as well as those around you. Even engaging in your day to day housework will bring about many health benefits such as ensuring a tidy home but also promoting physical activity that doesn't have to feel like a chore of a routine.

Despite the current unprecedented times that have been brought along by COVID-19, now is the best time to engage in all the activities we didn't quite have the time to do before having to self-isolate, whilst being assured of its contributing benefits (even if it's just a little) to our health and well-being.



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