

BE ACTIVE!

Move more, sit less

Stay active at home

Now more than ever we need to look after both our physical and mental health by moving more and sitting less, whether in the home or outdoors (following current government guidelines). We have gathered a range of videos to help you and your family stay active, while at home.

Please remember before starting any physical activity session to start off slowly and gradually, particularly if you have not been active for some time.

Physical Activity

[NHS fitness studio for all levels of fitness](#)

[One you Active 10](#)

[NHS Instructor live workouts for all levels](#)

[Gym free workout for all levels](#)

[Stay active at home Online classes for all](#)

[Sport England - Ideas and apps to get active at home](#)

[British Cycling Ready, set bike . Teach bike skills](#)

[Don't forget the Daily Mile at Home for everyone](#)

[Active Northumberland 30 minute classes for all](#)

[10 minute workout for a range of fitness levels](#)

[Gym free workouts, beginner to improver](#)

[Quarantrain great resource for simple ideas on how to be active at home](#)

[Couch to 5k app](#)

Beginner activities

[Chair based Pilates Workout](#)

[Aerobics for beginners](#)

[Dance class for everyone](#)

[Exercise at home for beginner to improver](#)

[Workouts at home- beginner to regular](#)

[This Girl Can Campaign - how to get active](#)

[NHS site which provides ideas on how to be active](#)

[Power of walking](#)

[Kildare Sports Partnership offering exercise classes at home for beginners to those who workout everyday](#)

[Live Active NI - Low intensity workout session with Ryan McQuillan](#)

Activities for those with health conditions

[Pilates for Arthritis low level work out](#)

[Chair based exercises](#)

[Exercise for those with medical conditions](#)

[Pilates for those with knee problems](#)

[Chair based Pilates Workout](#)

[Wheelpower adapted Yoga](#)

[Light resistance seated exercises](#)

[Seated exercises for adults with mobility issues](#)

[Disability sport Stay active at home – low intensity workout for older people and those with long term conditions](#)

Children

[Kids activities in isolation](#)

[Active for life physical activity ideas for 2–4 year olds](#)

[The Kids Coach](#)

[Activities for children - for school leaders, teachers or parents](#)

[Change4Life indoor games for children](#)

[Change4Life accessible activities for children](#)

[Joe Wicks PE lessons from Monday](#)

[Fit for sport at home. Guide to being active with kids at home.](#)

Strength and balance

[Strength and Balance for all](#)

[Strength and flex warm up](#)

[Strength and flex exercise plan](#)

[Balance exercises](#)

[Home-based strength and cardio workouts for adults](#)

[Five-week strength and flex programme](#)

Older Adults

[Age UK simple exercises to get moving more](#)

[Exercise classes for over 50's](#)

[Improve strength & balance exercises for beginners](#)

[Strength & balance for older adults who want to stay active](#)

[A collection of you tube exercise programmes for older people from the experts in Later Life Training](#)

Disclaimer: The Southern Health & Social Care Trust does not take responsibility for the content in the videos above and takes no responsibility for any injury incurred as a result of the exercise programmes.

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