

Active Leeds – Keeping Active at Home

During these challenging times it is important to look after ourselves, whilst most of us spend more time at home. Even a small amount of activity can have a huge positive benefit to your physical and mental health.

Top Tips

1. If you're new to exercise, start slow and be aware of your own limitations.
2. Build activity in where you can - play, dance, stand, walk and move throughout the day
3. It can be an opportunity to try something new, but it can also be fun and a great way of letting off steam
4. Finding a regular time of the day to do something can give some structure, whether it's a morning activity to kick start the day, or something in the afternoon to break up the day or getting rid of excess energy before bedtime. Work out what will help you / your family.

There are loads of free online resources to support people whilst at home. Here we have pulled together just some of the useful webpages we have found.

Just search for the title online, or follow the link. Many can be done with limited space, and no equipment.

Children

1. [British Cycling Ready Set Ride](#) - daily videos for skills to support kids to learn to ride
2. **Change 4 Life** Indoor Activities for kids
3. **Cosmic Kids Yoga**
4. **Olympic [Travel to Tokyo Home Activities](#)** – free activities and resources to do at home
5. **Andy' Wild Workouts** - on BBC Iplayer – Andy Day has ten fun wild workouts for children to follow

Families

1. **Body Coach** - Joe Wicks has a daily morning workout every Monday to Friday at 9am
2. **Disney Dance** - Along videos (With This Girl Can) Dance a long from your living room, learn the moves or freestyle with your own routines
3. **Change 4 Life** - Wake Up Shake Up
4. **Living room disco** – Dance like nobody's watching, stick on some music and have a living room disco
5. If you're craving quiet time then David Walliams is reading his books each day
worldofdavidwalliams.com/books

Adults

1. **This Girl Can Home Exercises**
2. **Rachel Lawrence Pilates** (On You Tube)
3. **Yoga with Adriene** (On You Tube)
4. **PopSugar Workouts** (on You Tube)
5. **NHS webpage 10 minute home workouts** (cardio, toning, abs, upper arms, legs, bums and tums)

Older People

1. **10 Today** – Ten minute workouts for older people available online or via radio
2. **Move it or Lose It UK** – series of fitness videos for older people
3. [NHS sitting exercises](#) – gentle and easy to follow home seated movements
4. [AGE UK](#) – Simple exercises for older adults
5. **Joe Wicks Seniors Workouts** (on You Tube)

National Governing Body – Sports activities at home

If you or your child has an interest in a certain sport – many are putting out free activity videos linked to their sport, such as the **Lawn Tennis Association** – LTA Tennis at Home - 12 fun activities and exercises families can play at home to hone their tennis skills. Many other sports are doing the same.

Getting outside for daily exercise

If you're well enough then it's good for our body and our mind to get fresh air. Currently you can go outside daily, from home, for one form of exercise such as a walking, a jog or a cycle, if you're not sick and as long as you're on your own, or with members of your household. Please always follow the latest [official advice on social distancing](#) - which also means staying more than two metres from others.

1. **Active 10 (App)** - Walking tracker app, to help build up your walking
2. **Couch 2 5K** available via App or online at [nhs.co.uk](https://www.nhs.co.uk) – Will talk you through each session from walking, and building up the jogs at your speed. Podcasts available.
3. **Scavenger hunt** – Do a family object or colour hunt. How many rainbows can you see? What can you spy?

Game ideas for children

It is important for children to run, jump, roll, catch, throw, and balance. Here are a few game ideas that could be done within the home, or in a small garden.

- **Standing long jump**
- **Floor is lava** – stepping stones with cushions
- **Walk** – jump over the cracks, run around the bench, touch the tree
- **Coconut shy** (bean bag/soft ball/soft toys aim at stacked plastic or paper cups)
- **Egg and spoon** (with ping pong ball, or screwed up foil)
- **Target games** – skittles, hoopla
- **Lounge mini golf** – make some tunnels, use a wrapping paper roll for a stick and
- **Newspaper basketball aim**
- **Balloon living room volleyball**
- **Number jump** – place large numbers across the floor, can they jump from number to number
- **Paper plate ping pong (ping pong ball)**
- **Bean bag balance on the head (or a soft toy)** – who can go furthest, over an obstacle, sit down and stand up?

For advice

- [StayInWorkOut Facts](#) – advice on how to exercise safely
- [Government Guidelines](#) - on what we should be doing throughout the Covid – 19 Pandemic
- [Leeds City Council Coronavirus support \[www.leeds.gov.uk/coronavirus\]\(https://www.leeds.gov.uk/coronavirus\)](https://www.leeds.gov.uk/coronavirus)

Stay connected to further ideas within Leeds

- [Active Leeds Healthy At Home](#) – will be updating its website often with new activities, new ideas and new resources as well as links for wellbeing
- **Active Leeds You Tube Videos** – Active Leeds is building up its content with videos for all ages
- **Leeds Girls Can** – Motivation and ideas to keep women and girls active on social media
- **#StayInWorkOut - Sport England** have lots of tips, advice and guidance on how to get active at home, or within the daily exercise.
- **Child Friendly Leeds** – Sharing lots of ideas for families via social media [Twitter @Child_LeedsExternal link](#), [the Child Friendly Leeds FacebookExternal link](#) or [Instagram @childfriendlyleedsExternal link](#)
- [Yorkshire Sport Foundation - Active at home](#) – Lots more links and resources for ideas at home for all ages

Wellbeing

[Mental Health Foundation](#) – How to look after your mind during Coronavirus

[NHS Every Mind Matters](#) – Mental wellbeing while at home – some practical tips and advice

[Anxiety UK](#) – Coping with anxiety through the challenging times

Get Set Leeds Local

For more support getting active within our key localities please contact Active Leeds Locality Officers

- Beeston Hill, Holbeck, New Wortley - Contact karen.peck@leeds.gov.uk
- Boggart Hill, Lincoln Green, Nowell Mount – Contact Jennifer.rutherford@leeds.gov.uk