



LIVE ACTIVE

# workouts at home

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# introduction

We know it can be hard to stay active and motivated at home whilst self-isolating, so here are a range of low-impact exercises designed to support and enhance the most common activities of daily life. Try them at home to keep you moving, and boost your immunity and wellbeing.

## tips - before exercise

- Avoid eating at least 1 hour before exercising and do not drink alcohol before or after exercise.
- Modify your exercise to the temperature - if it is very hot or very cold you need to reduce the intensity/how hard you work.
- Wear suitable clothing that will allow evaporation of sweat and supportive footwear suitable for your chosen activity.
- Do not exercise if you have a short term illness such as a cold, infection or stomach bug. If you have a temperature your heart is working harder due to increased heart rate and oxygen consumption to fight illness.
- Reduce the intensity and duration of exercise when resuming following illness or a break, and gradually return to your previous intensity as you feel able.

## warm up

- Slow walk for 4 minutes with gentle arm movement followed by 2 minutes of slow side stepping.
- Now restart the walking on the spot for 3 minutes but increase the pace and size of arm swings.
- Now do 3 minutes of heel taps to the front with arm curls (touch your shoulder).
- Finally do 3 minutes of marching on the spot with brisk arm and leg movements.

## main routine

- Follow each exercise in this guide.
- Perform each for 45 seconds, if this feels easy you can increase time.
- Increase time in 15 second increments until you feel this is challenging enough.
- Maximum time on each exercise should be 90 seconds.
- If this feels easy you can then increase speed of each exercise but do this for a shorter time of 45 seconds to 1 minute.

EXERCISE 1

## wide base sway

Switch weight from one foot to the other while swinging arms loosely.



EXERCISE 2

## punch with toe tap

Alternate punching arm while tapping toes of opposite in front of you.



EXERCISE 3

## knee raise with twist

Raise knee and rotate at waist to touch knee with opposite hand, alternate sides.



EXERCISE 4

## row with leg raise

Start out with hands out in front, pull hands back while raising leg and return to start position and repeat with opposite leg.



EXERCISE 5

## sit to stand

Start with chair close behind you, lower down under control to sit or hover then stand straight back up pushing firmly and controlled with your legs.



EXERCISE 6

## alternate shoulder press

Use no weight, tins of beans or bottles of water, your choice. Alternate raising as high as comfortable pressing up and slightly forward.



EXERCISE 7

## arm swing with side step

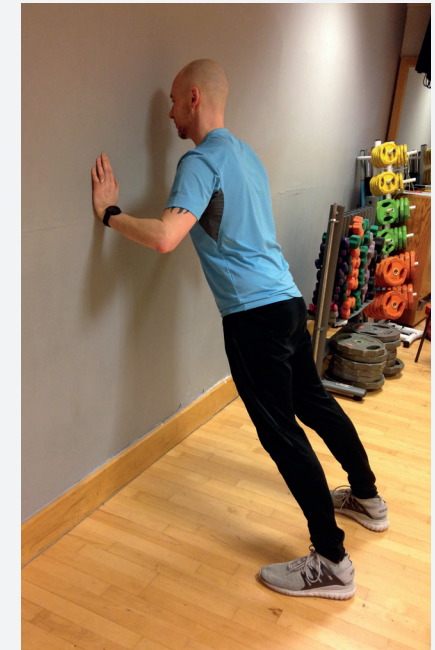
Start feet shoulder width apart, swing arms and bring leg across. Swing to the other side and step across to the other side, repeat the movement.



EXERCISE 8

## wall press

Place hands on a wall or work top below. Hands below shoulders. Place feet about shoulder width apart. Keep a straight line in your body shoulders to ankles. Lower under control then press back up.



EXERCISE 9

## calf raise

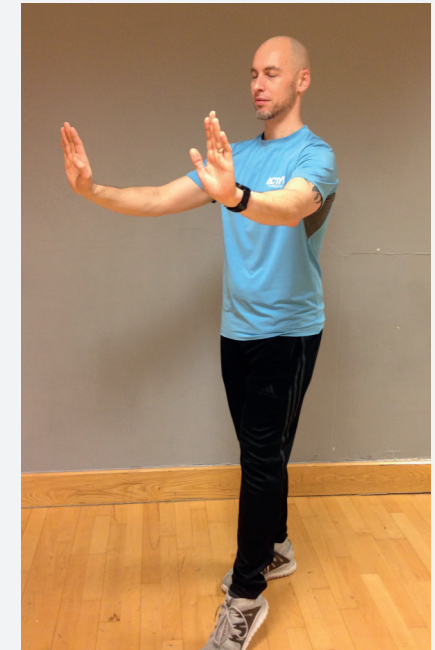
Use a wall or chair for balance if needed, slowly raise both heels off the ground as high as comfortable hold for a moment then lower under control, then repeat.



EXERCISE 10

## chest press with top tap

From the start position push both hands forward and tap toe out in front, return to start position then repeat but with other foot.



# cool down

After exercise, it is important to allow your heart to slow down and your blood pressure to drop back to normal levels gradually.

Stopping exercising abruptly can lead to drops in your blood pressure and this causes dizziness.

Cooling down is simple to do. You can simply walk for 10 minutes at a steadily decreasing pace and then do some stretches.

## arm stretches (While doing these keep your feet moving at all times)

- Lift arms up in the air and stretch up as high as you can then lower.
- Hug arms around your body and hold for 10 seconds.

## leg stretches

- Stand with feet hip distance apart and bend your front knee to stretch your calf, hold for 10 seconds and then repeat with other leg.
- Place one foot in front of you and pull your foot up and slowly stretch down toward your toes and hold for 10 seconds. Repeat with the other leg.
- Bend your leg up behind you, keeping your knees level to stretch your quads hold for 10 seconds. Repeat with the other leg.

**Repeat all stretches 3 times**

## tips - after exercise

If you wish to use weights as part of your exercise plan use small weights and do 10-20 repetitions. Do not hold your breath as this can make you dizzy.

If you wish to do any exercises for your abdominals or back that involve lying down, these should be done AFTER your cool down, as doing them before or during your exercise session could lead to rhythm problems and dizziness.

After exercise, drink plenty of water to maintain your fluid balance.

Do not have a very hot or cold shower or sauna. They can cause blood to be diverted to extremities and cause a rapid fall in blood pressure which can lead to dizziness





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