



Ways to exercise when you're stuck at home.



the brain injury association
preston and chorley

The current situation we are in is strange, stressful and emotionally exhausting. Moving our bodies doesn't just help you keep fit, it can also help your mental well being. Regular exercise can help us de stress and boost our mood as well as keeping our fitness levels up and maintaining our health.



Few of us are lucky enough to have an exercise bike or treadmill at home. But, fortunately, there are plenty of simple exercises that you can do around the house or with household objects that will work instead:



For example, when cleaning the house....

Many of us don't really consider the fitness benefits of cleaning, but you can actually make it a real workout. Some sources estimate that you can burn a few 100 calories doing routine things like sweeping mopping and cleaning the windows, but you'll have to make a few small adjustments to your cleaning routine. For example doing lunges with the vacuum cleaner or squatting when making the bed.



Using household objects as weights

Most of us don't have our own dumbbells or weights at home but there are many surprising substitutes you can use instead. Bags of rice, tins of beans and bottled water can all be used as alternatives. For example you could do arm exercises even when you're sitting down.



Here are some simple exercises you can do at home:

- Single step ups on the stairs
- Sit to standing position from a sturdy chair
- Squats
- Lunges



Gardening

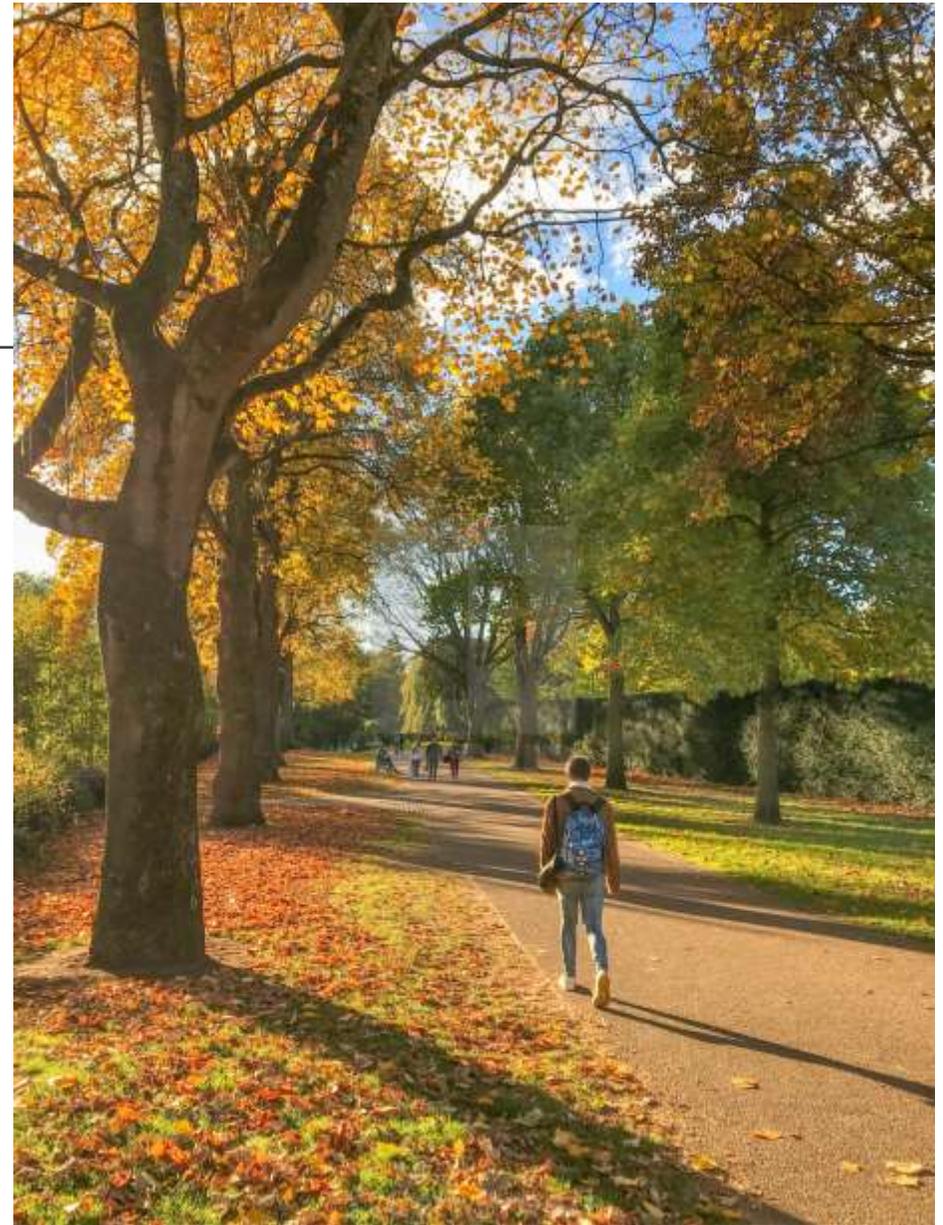
If you've got a garden then carrying out maintenance also counts as a workout during lockdown. Bending down whilst weeding and planting will strengthen your muscles. Even carrying your watering can and various tools will tone your arms and, in the springtime, mowing the lawn is a really healthy workout.



Taking a walk

Remember, unless you are vulnerable or are self isolating, you are still allowed outside for daily exercise. You can't beat a good walk - even wrapped up warm if it's freezing cold!

It's scientifically proven that nature and green spaces are essential for our health.



Exercise classes on TV and social media

There are so many free exercise classes available both on TV such as Joe Wicks, fitness instructor, and online - such as yoga and dance classes to suit your mood and catering for all abilities

Have a look on YouTube or look at the many apps available - many are currently free of charge due to the pandemic.

Try to make it part of your daily routine even if it's just a few minutes a day.



Safety during exercise outside

Regular walking running or cycling outside is a great way to stay active and healthy during the lockdown although it is important to keep your distance and staying more than two metres away from others.

Try planning your route when you're thinking of heading out. You could maybe time yourself and have targets. If possible try to choose roads, neighbourhoods and parks that will be quieter, safer, and less congested. Maybe choose a quieter time of day.



Did you know?

- Exercise can improve mental health by helping the brain cope better with stress. In one study, researchers found that those who got regular exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years
- Physical exercise lowers the risk of heart disease by over 20%.
- Regular exercise can help to enhance your memory.
- There are reports of a 30% decrease in dementia risk among those who exercise regularly.

Exercise and Mental Health



Remember



- Exercising during lockdown may not seem like the easiest thing to do, but it is possible. Do try out some of the ideas we've mentioned if you can.
- Do try to fit exercise into your routine whilst you are stuck indoors – your physical and mental health will thank you!