

How to stay active when you have to stay in



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Staying active and doing some gentle exercise during this challenging time will help you feel better physically and mentally.

To get going, here are some simple things that you can do at home to get active.

- Move as often as you can.
- Stand up every hour to stretch your legs.
- If you have difficulty standing try some sitting exercises.
- Go out for a walk every day if you are able to.
- Use your garden or outside space to walk or stretch.
- Housework and gardening count as physical activity.

If you find it difficult to stand, the seven gentle sitting exercises recommended by the NHS on the following page will help improve your strength and mobility.

- Work up to doing these at least once a day.
- **Exercise 1:** Hold for 5 to 10 seconds and repeat 5 times.
- **Exercise 2:** Do 5 times on each side.
- **Exercise 3:** Hold each stretch for 5 seconds and repeat 3 times on each side.
- **Exercise 4:** Do 5 lifts with each leg.
- **Exercise 5:** Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.
- **Exercise 6:** Do 3 rotations on each side. Hold for 5 seconds each time.
- **Exercise 7:** Try 2 sets of 5 stretches with each foot.

More information, videos and resources:

For more information on these exercises visit: www.nhs.uk/live-well/exercise/sitting-exercises

The 'Move It or Lose It' website has simple exercises including 'The Cuppa Routine': www.moveitorloseit.co.uk

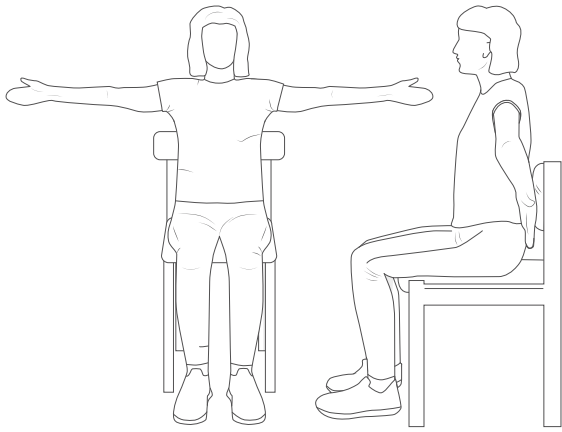
We have developed some further sitting and standing exercise resources that you can use at home: www.cardiffandvaleuhb.wales.nhs.uk/resources-for-use-at-home

- **Remember that even small movements help.**
- **Only do what you feel capable of doing safely.**
- **If you do not feel comfortable, try something else.**

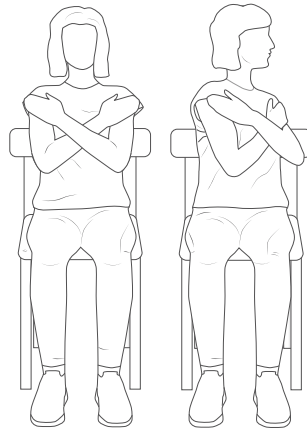
Scan the QR codes to open videos and resources



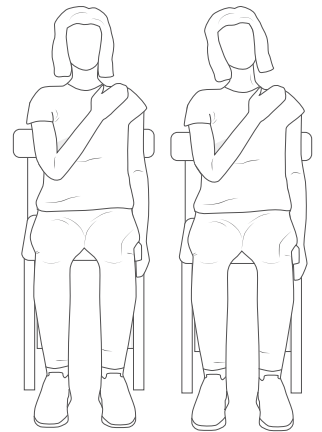
Sitting Exercises



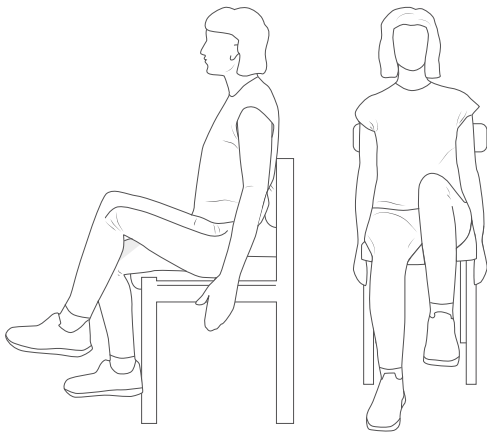
1 Chest Stretch



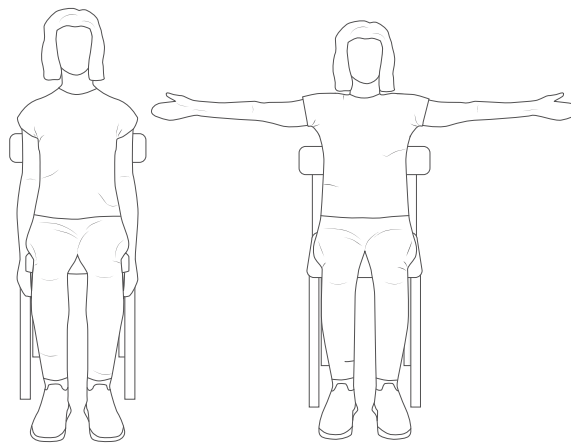
2 Upper Body Twist



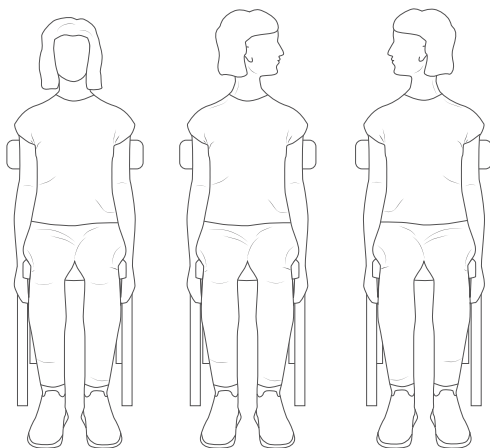
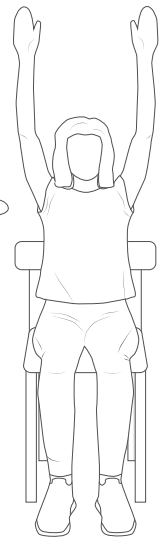
3 Neck Stretch



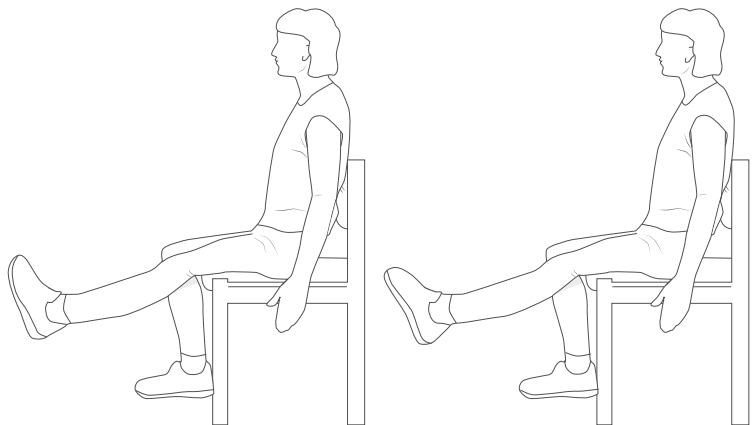
4 Hip Marching



5 Arm Raises



6 Neck Rotation



7 Ankle Stretch

Obtain advice from a medical professional if you have any concerns about undertaking these exercises.