



Active Humber is a charitable company whose purpose is to help people of all ages and backgrounds to improve their health and well-being by taking part in regular physical activity and sport.

Active Humber is also one of the 43 Active Partnerships located across England and as such receives funding from Sport England to carry out several functions to help achieve the Sport England strategy 'Towards an Active Nation' at a community level.

Here at Active Humber we are committed to supporting older people to be more active. Our offer is to support 55-74 year olds to become or stay active. If you are an organisation working with this age group please contact us and we would love to discuss our offer with you:

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## Get Out Get Active

April 2020 sees the launch of Active Humber's Get Out Get Active programme funded by the Spirit of 2012 funding, Sport England and London Marathon Charitable Trust, [www.getoutgetactive.co.uk](http://www.getoutgetactive.co.uk).

Active Humber working in partnership with The Activity Alliance will be developing physical activity opportunities in North and North East Lincolnshire over the next three years to support the least active 55-74 year olds to become more physically active. With the current Covid-19 isolation phase we are working closely with organisations on the ground to support isolated people to stay in and stay active.

If you are interested in knowing more about the activities taking place in your local community after we come out of isolation, or are part of an organisation / community group and you are interested in knowing more about the GOGA programme in North and North East Lincolnshire then please contact:

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## Get Out Get Active

### Everyday Activities To Keep You Moving Whilst At Home



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# EVERYDAY ACTIVITIES TO KEEP YOU MOVING WHILST AT HOME

The activities in this leaflet are designed to keep you moving using objects that you'll find around the house to help strengthen muscles, support balance and maintain or improve mobility. It is important to do the exercises at your own pace; make sure that the activities are helping you to get slightly out of breath, but if you feel any sharp pain or discomfort please stop immediately.

Remember it's okay to be slightly out of breath and feel warm when you are doing these exercises. The Government guidelines are that you do around 30 minutes of exercise per day. This can be broken down into smaller chunks, for example 3 lots of 10 minutes, so choose some of the exercises and try to do them for a few minutes each. Here's a scale to help you identify how intense you are exercising. If during the exercise you begin to feel unwell (for example, a spell of dizziness or a sharp pain) please stop immediately. To feel the benefits of the exercises try staying in the amber area for as long as you can, record how long you can do the activities and try to move a little longer each time you revisit an exercise.



## GREEN

I'm not breathless, I can maintain a conversation, I don't really feel that I am exercising



## AMBER

I feel a little warmer, I'm breathless but I can maintain a conversation, my heart rate is increased



## RED

My heart is beating very fast, I feel Dizzy. I feel pain when I move. I don't think I can continue

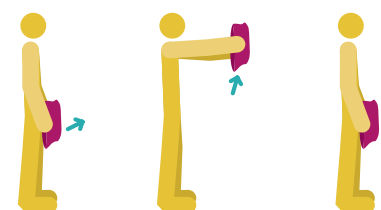
## Walking Circuits

How many laps of your garden, living room or safe space can you do? Make sure the area is not wet and slippery and avoid any obstacles. If you can't do circular laps how many shuttles up and down can you complete?



## Cushion Raises

Lift a cushion with both arms straight in front of you, when the cushion reaches the top squeeze with both hands and return your arms to just below your hips. See how many times you can do the cushion raises.



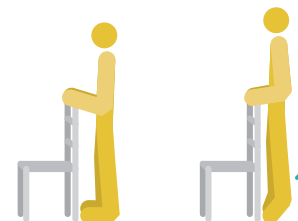
## Sit To Stand

Sitting in an upright sturdy chair, using both hands go from a seated position into a standing position. One way to progress this, is to try standing up without using your hands for support.



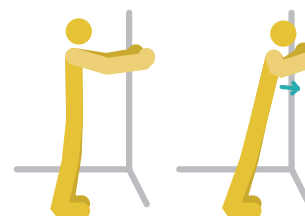
## Tip Toe Stands

Standing behind or next to a sturdy chair. Move up onto your toes as high as you can lower yourself back to the floor.



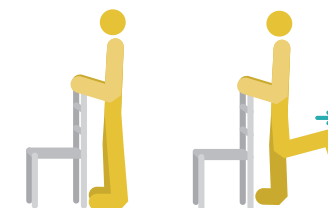
## Wall Push Ups

Stand in front of a wall, about two feet away. Place your hands at shoulder height against the wall. Keep your body straight but bend your elbows so you lean into the wall. When your face gets close to the wall, stop and push away.



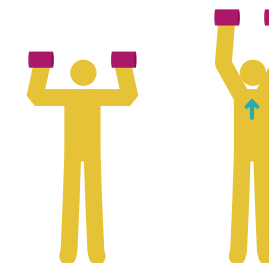
## Single Foot Stand With A Chair

Stand behind a sturdy chair. Lift your left leg and balance on your right for as long as possible. Repeat the same movement balancing on your left leg. Try and do this movement without using the chair or only using the chair to rebalance yourself.



## The Can Can Lifts

With a can of produce or two items of similar weight. Grab each item and place them at ear level. Press both arms to the sky. If you are unable to do this standing then sit in a chair and do the movement.



Keep a record of how many repetitions you can complete whilst staying in the amber area. This number may increase in time as your fitness levels improve.