

Supporting you to get active in fun and creative ways in the home and outdoors

At Mind we won't give up until everyone experiencing a mental health problem gets support and respect. We use sport and physical activity to build resilience, to enable and support mental health recovery and to tackle stigma.

There are lots of resources available to help you to be more active in your home or outdoors in fun and creative ways. Here are some ideas, top tips and links to help support your physical and mental health whilst you are at home.

Ideas to help you to get started and stay active

Ideas to get active at home and outdoors

- [Active 10](#): A brisk daily walk is a great excuse to get outside and improve your health. The Active 10 app is a great way to help you monitor and gradually increase your brisk walking levels over time.
- [Couch to 5k](#): This is a 9-week running programme designed for complete beginners by the NHS.
- [Gym-free workouts](#): Going to the gym isn't for everyone. Luckily, there are plenty of other ways to get active instead. The NHS have created routines that you can do anywhere, anytime including seated exercises, strength, balance and flexibility sessions.
- [Parasport](#): Parasport have created accessible home workouts that ideal for wheelchair users and those just getting started or haven't been active for a while.
- [PE with Joe Wicks](#): Daily workout videos lasting approximately 30 minutes. No equipment required.
- [Fitness Blender](#): Over 500 free workout videos enabling you to choose the level of difficulty depending on whether you are new to exercise or looking for something more advanced.
- [Yoga with Adriene](#): Yoga instructor Adriene offers over 500 free YouTube videos supporting you to get started through to adaptations for the more advanced.
- [Move More with One You](#): NHS resource that provides easy ways to move more every day.
- [Stay In, Work Out](#): Sport England provide tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and use #StayInWorkOut to share how you're getting active during this time.

Getting active when you're short of time

- **NHS 10 minute workouts**: Only got a few minutes? The 10-minute workout ideas are perfect if you've only got a bit of spare time when you're at home.
- **10today**: Tune in to 10 minutes of activity via the radio, online videos and on social media.
- **British Heart Foundation 10 minute workout**: Work up a living-room sweat in 10 minutes with the British Heart Foundation. You only need a small space and no fancy gym gear to take part.

Getting active as a family

- **Youth Sport Trust**: have a range of YouTube videos with fun challenges and activities that can be adapted to the space you have available
- **Disney dance alongs**: This Girl Can have partnered with Disney to provide dance work outs, you can learn their moves or put your own spin on their routines.
- **Change4life Indoor activities**: **Shake Up** games inspired by your kids' favourite Disney characters.

Printable resources to help you get active

- **A-Z activity guide**: Looking to get active at home or in your garden but not sure where to start? Our A-Z activity guide includes an array of activities and most require no equipment.
- **Get active bingo**: Challenge yourself and tick off your achievements with our bingo sheet designed to help you move more around your home.
- **Runners bingo**: If you enjoy running, take a look at our runners bingo sheet and see if you can achieve a line or a full house by taking part in our suggested activities.
- **Mindful walking**: Sometimes it's good to stop and take notice of what is going on around you, and a mindful walk is a great way to do that. You can use this resource to help you complete your own.
- **Mindfulness and yoga**: Yoga encourages us to stop and take notice of how our mind and body are feeling. This activity sheet will help you plan for your own yoga practice, which you can complete at home or with a group of friends.

Connect online

Elefriends is a supportive online community for anyone aged 18 and over. It is a safe place to listen, share and be heard.

On Elefriends it's easy to find other people with similar interests to your own by clicking on one of the interest tags. For example, the #BeingActive tag will take you to conversations posted by people interested in being more active.

Find out more at elefriends.org.uk

Tips for individuals

Getting active doesn't have to be long or intense. You could mix things up by taking part in fun challenges individually, in a group, or even online.

Moving more is the key to finding something fun. Why not try one of the following:

- How many “sit-to-stands”, “step-ups” or other activities you can do in a minute? Record your total and challenge yourself to match it or beat it next time.
- Set yourself a challenge over a period of time, for example, walking or running a marathon distance within a month.
- Involve other people by doing your activities or challenges together over a video call or via a virtual event.
- Make space to get outdoors whenever you can.

See if you can add your own twist to something you already do, or you could create something completely new.

Tips for organisations

- Collate a pack of resources to send out to participants to help them stay active and have fun at home? Mind has created a range of [printable resources](#) for you to use.

- If you hold a relationship with a local gym, sport club, leisure centre or any other physical activity provider you can ask if they are able to livestream sessions or record themselves delivering activities? This could range from a complete session to an individual activity that can be shared as a social media post.

The first session could be marketed as a practice, so participants can get used to the technology.

If you do not hold such relationships then the Physical Activity team can broker relationships with providers in your community. For more information email sport@mind.org.uk.

- Set up virtual challenges using Facebook events or other online platforms. Could you agree to all take part at the same time and check in with each other afterwards?

Mind in Mid-Herts are setting one-minute ‘Stay at Home’ challenges to get people active in a fun and slightly silly way, e.g. who can do the most keepy ups with a toilet roll.

Participants really appreciate it when staff take part in sessions and challenges. It creates a real sense of togetherness and can help break down the

perceived divisions between staff and service users.

- Create a regular blog or vlog post with hints and tips how people can keep motivated and active. This could include quick videos, nutrition advice, easy and accessible exercises, and tips to maintain good mental health and wellbeing. Mind guidance on vlogging and blogging can be found [here](#).

The Get Set to Go Lead at Newport Mind is posting daily tips on Twitter. You can follow the conversation at: <https://twitter.com/GStGNewport2020>

- If you are delivering online sessions then you can build in extra time at the end to offer a social and a catch-up so participants have more time to connect with each other.
- Add links to physical activity resources on your website.
- Join the Open Hub '[Get Active](#)' group for the latest physical activity resources and updates from Mind and our partners in the sport sector.

Got a great resource or idea? Tell us about it!

Do you use a website, app or other resource to support you to be active that you would like to recommend we share with others? Then contact us at sport@mind.org.uk with details including how it has helped you and your communities.