

## **Resources: Physical Activity in Self Isolation**

### **Promotion**

#### **Mayo Clinic**

Importance of Home Exercise while being in isolation

<https://newsnetwork.mayoclinic.org/discussion/importance-of-home-exercise-while-being-isolated/>

#### **Heart Research UK**

A guide to congenital heart disease: Adult patient resources

<https://chd.heartresearch.org.uk/about-toolkit>

#### **Somerville Foundation Website**

Information to help you exercise safely

<https://thesf.org.uk/exercise/>

#### **British Heart Foundation**

How to get active indoors

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/get-active-indoors>

#### **British Heart Foundation**

How to keep healthy while you're self-isolating – includes an exercise clip

[https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating?utm\\_campaign=Daily%20Content~t2020-720&utm\\_medium=Social-organic&utm\\_source=Twitter&utm\\_content=&utm\\_term=](https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you're-self-isolating?utm_campaign=Daily%20Content~t2020-720&utm_medium=Social-organic&utm_source=Twitter&utm_content=&utm_term=)

#### **Live Well**

<https://www.nhs.uk/live-well/exercise/>

## **Exercise Clips**

### **Sports England**

Join the movement - Stay in, work out

Join the movement is a brand-new campaign from Sport England designed to give you the advice and tools to help you do this while the country deals with the coronavirus (Covid-19) outbreak.

<https://www.sportengland.org/stayinworkout>

### **Joe Wicks**

10 Minute chair work-out for seniors (**low intensity**) – The body coach TV

This short home workout is designed for seniors or for anyone looking for something a bit lighter. Take care when exercises and if you don't already exercise regularly take it slowly at first.

<https://www.youtube.com/watch?v=ybVMu31DLQU#action=share>

### **The Chartered Society of Physiotherapy**

Stay active at home

A simple set of exercises designed especially for older people to help everyone stay active at home.

[https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength?utm\\_source=Member%20services&utm\\_campaign=3446f93929-Coronavirus Update 2020 26 march 2020 COPY 02&utm\\_medium=email&utm\\_term=0\\_2054000848-3446f93929-334170753](https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength?utm_source=Member%20services&utm_campaign=3446f93929-Coronavirus%20Update%2026%20march%202020%20COPY%2002&utm_medium=email&utm_term=0_2054000848-3446f93929-334170753)

### **British Heart Foundation**

Cardiac Rehabilitation Exercise Videos

[https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos?utm\\_campaign=Daily%20content~t2020-741&utm\\_medium=Social-organic&utm\\_source=Twitter&utm\\_content=&utm\\_term=](https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos?utm_campaign=Daily%20content~t2020-741&utm_medium=Social-organic&utm_source=Twitter&utm_content=&utm_term=)

### **British Heart Foundation**

Yoga Exercises You Can Try at Home

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses>