

## Ways to keep active

Mencap knows it is hard to get out to your usual activities in the community, including Round the World Challenge sessions.

The Government are still encouraging, where possible people to keep being active. Keeping active is good for your physical and mental health.

The Government's advice and information around isolation does continue to change, this was written on 19/3/20 and can change. Please keep up to date with government [guidelines](#).

Here are a few free suggestions for you as long as you are feeling well.

At the moment we can still go out once a day, try a fast walk or if you have a bike you can go for a cycle. If you are fit you can go for a run.

## Ways to be active at home



You can try **moving** around your home, for example walking up and down the stairs, **yoga** or having a **dance**.



The NHS have designed home exercise advice cards to follow.

**Website:** <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>



If you have a garden and the weather is nice, you can do some **gardening** or **walk** around in it.

Following exercise videos online from your computer or TV.

# **ROUND THE WORLD CHALLENGE**



**YouTube** has lots of videos. You can type in 'exercise' or 'workout' and choose one.

**Website:** <https://www.youtube.com/>



**Special Olympics** have made some exercise videos, for people with a learning disability to follow.

**Website:** <https://bit.ly/2vuRR0e>



**One You** has made some different exercise videos.

**Website:** <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>



**This Girl Can** has home exercise videos, tips and advice.

**Website:** <https://www.thisgirlcan.co.uk/activities/home-exercise/>



**Parasport** have made some videos, for people with a disability to follow.

**Website:** <https://parasport.org.uk/home-workout-kris>



The NHS has made some 10 minute exercise videos

**Website:** <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

\*Remember you can keep doing the same video, if you find one you like.

**Apps to help keep you active.**



You will need a smart phone or tablet.

You will need to have access to an App store. This depends on your phone but examples are:

Apple or Google Play



**App Name:** Active 10



**Description:** Activity tracker for counting blocks of 10 minutes of walking activity.

**Website:** <https://www.nhs.uk/oneyou/active10/home>

**App Name:** Couch to 5K



**Description:** This is a 9 week walking and running plan to help you run or walk 5 kilometres.

**Wider information on how to keep active**



**Description:** Here are 10 top tips to help you keep moving.

**Website:** <https://www.nhs.uk/oneyou/for-your-body/move-more/10-top-tips-to-move-more/>



**Description:** Advice on staying active whilst you're at home.

**Website:** <https://www.sportengland.org/news/how-stay-active-while-youre-home>

## Keep track

Do not forget to keep counting how long you are active for, your journey can continue!

If you can try to record what you did and how long for you. You can do this in a notebook, in your Round the World Challenge passport or on the Round the World website.



## Any questions?



You can email Mencap Sport on: [sport@mencap.org.uk](mailto:sport@mencap.org.uk)