

## Healthier You

**How to stay fit and healthy at home whilst respecting social distancing**

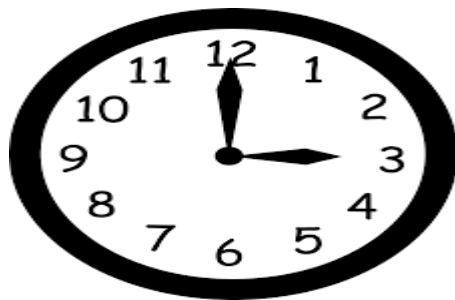


**What exercise do you do at home?**

***Don't worry, if you can't type in the box or print the pages to write in them, using any piece of paper to take notes will be perfect.***

*Copyright © 2020, Hertfordshire Care Providers Association, all rights reserved. Training materials and presentation are the sole ownership of HCPA and should not be duplicated or amended by any persons outside of HCPA.*

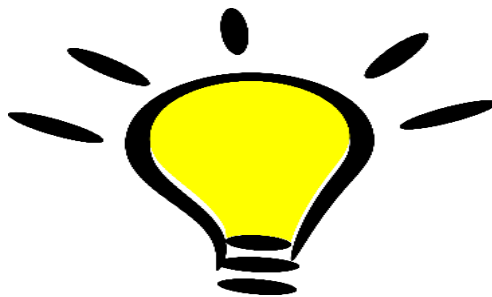
**How much time do you spend on your exercise?**



**10 minutes a day**

**20 minutes a day**

**30 minutes a day**



**What does exercise include?**

***Don't worry, if you can't type in the box or print the pages to write in them, using any piece of paper to take notes will be perfect.***

## Exercise includes



**Dancing to your favourite song**



**Getting outside in the fresh air –  
following the governments guidelines  
for respecting social distancing when  
exercising**



**Gardening**









**It isn't just the gym where we can stay fit and healthy.**

**We can all exercise safely at home**

**Always check with your G.P before starting an exercise programme if you have an underlying health conditions or are taking medication.**

**Here are some examples of the exercises you can do whilst at home and respecting social distancing**

Squats	
Pushing movements	
Pulling movements	
Skipping	

Stair climbing

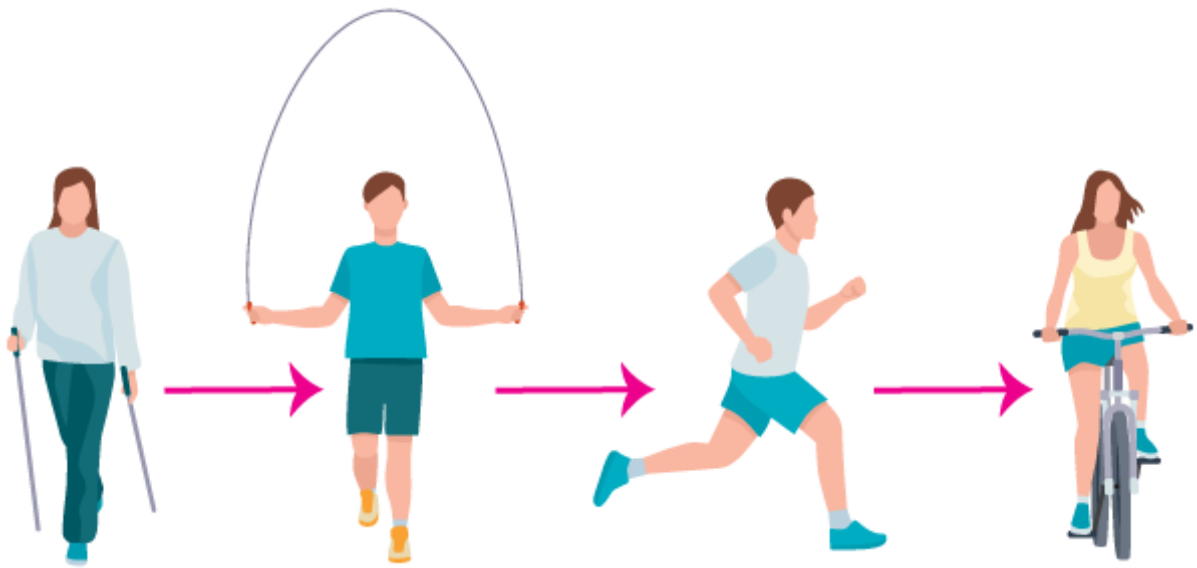


**There is lots of information on the internet and in the newspapers about keeping fit and healthy while we are spending so much time at home.**



**Please remember to exercise in a safe way and respect social distancing**

## Choose an exercise to suit you and your body



## Start gradually and build it up over the days and weeks



*Copyright © 2020, Hertfordshire Care Providers Association, all rights reserved. Training materials and presentation are the sole ownership of HCPA and should not be duplicated or amended by any persons outside of HCPA.*

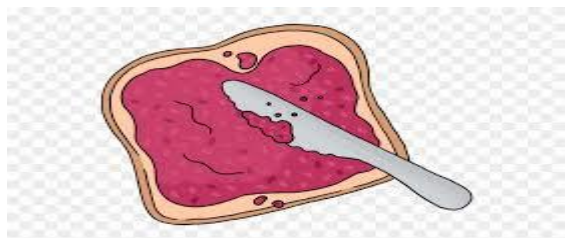


**Remember to warm up before doing exercise and cool down afterwards to lower the risk of strains and sprains**

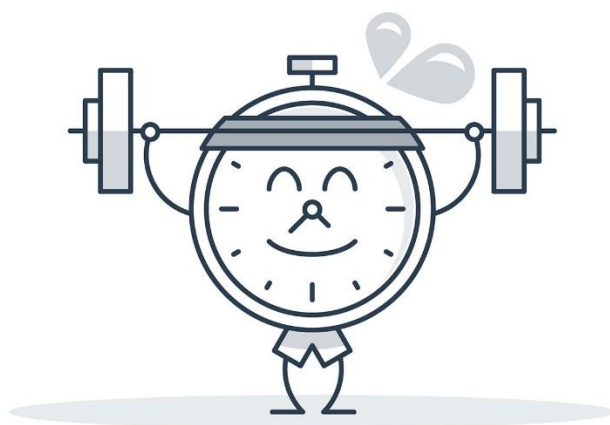
**Take breaks during the activity and always drink plenty of water to stay hydrated**



**Do not exercise with an empty stomach. Eat something light such as toast with jam or skimmed milk to give you some stamina.**



**Plan the amount of time you want to spend exercising each day or each week**



**Please remember to exercise in a safe way and respect social distancing**

**Have a look at the website for the latest guidance from the NHS and excellent ideas on how to keep healthy at home.**

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