



TOP TIPS

When you're stuck indoors it's harder to stay fit and active. However, physical exercise is not just good for your body but your mind too! The Participation Team have been trying out lots of resources online and exercising at home so we can share with you some of our favourites.....

TOP TIPS FOR STAYING ACTIVE

Consider Yoga?

Yoga has loads of benefits for physical and mental health. It can increase flexibility, increase muscle strength, improve your breathing and energy levels and can help improve your heart function. There are lots of videos on YouTube to try!

Younger children might want to try [Cosmic Kids Yoga](#) whilst older young people might join in with [Yoga with Adriene](#) (she also has a number of videos specifically for teenagers and the classroom on her channel!)

**Virtual PE Lessons!**

Many of you may no longer be having PE lessons at school so it's important to think about how you can continue to exercise. Joe Wicks streams virtual PE Lessons live on his [YouTube Channel](#) at 9.00am every day! He also has over 300 videos on his YouTube channel with exercises for all age ranges and abilities!

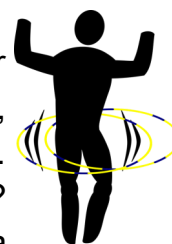


Get Fit with the NHS

The NHS has loads of workout routines for beginners and those more comfortable with different exercises that you can do from home. These range from aerobic exercise to ‘Wake up, Shake up’ and to strength and resistance training! Click [here](#) to visit the NHS page.

Get out in the Garden!

Make use of the equipment you have at home to improve your sports skills. You may have balls, skipping ropes, hoops, beanbags... Set yourself challenges to work on each week. How many ‘keepy uppies’ can you do without dropping the ball? How long can you ‘hula hoop’ for without it falling? Or set up a circuit in your garden; each station could be a different exercise like star jumps or running on the spot. You can even improvise...one of our favourites is creating your own mini golf course with ping pong balls and whatever obstacles you find in the house!



Make the most of the outdoors!



With Government guidelines still allowing us to leave the house to exercise once a day near our homes why not make the most of it? Now is the perfect time to improve your fitness by running, walking or cycling. Just make sure you are following government advice and your house rules about staying home!

Look out for new ideas about staying active, cooking tips, and much more in the upcoming weeks!

Also, take a look at our Instagram page, [participation_team](#), for fun daily updates.



We love to hear from you too so why not contact us at VSK_Participation@kent.gov.uk or through the [Contact Us](#) pages on the Kent Cares Town website!

THE PARTICIPATION TEAM