



Physical Activity for Older Adults

<p style="text-align: center;"><u>Active at Home</u> https://www.thinkactive.org/wp-content/uploads/2020/07/PHE-Active-at-Home-Booklet.pdf</p> <p>This booklet has been designed to help older people and those who are shielding to be physically active and healthy at home.</p>	<p style="text-align: center;"><u>Moving Medicine</u></p> <p>Provides resources for people recovering from Covid-19, helping them build physical activity into their lives.</p> <ul style="list-style-type: none"> • Covid Recovery Top Tips • Covid Active Recovery Workbook • Standing Exercise Programme • Bed Exercise Programme 	<p style="text-align: center;"><u>We Are Undefeatable Activity Leaflet</u></p> <p>This leaflet aims to inspire people to be active in their homes, including a pull-out practical guide with a range of inclusive, illustrated exercises.</p> <ul style="list-style-type: none"> • WAU Leaflet • WAU Activity Poster
<p style="text-align: center;"><u>Love to Move</u> https://www.thinkactive.org/health/love-to-move/</p> <p>Love to Move is an age and dementia friendly seated exercise programme. Uses specially designed coordination & bilaterally asymmetrical movements patterns, which are thought to positively impact a person's cognitive reserve.</p>	<p style="text-align: center;"><u>Later Life Training</u> https://www.facebook.com/groups/138533120904126/</p> <p>Specialises in older people's physical activities via Facebook live. It is live 3 times per day at 8am, midday and 4pm</p>	<p style="text-align: center;"><u>Body Coach</u> https://www.youtube.com/thebodycoach1/</p> <p>Short workouts videos including: Home workout for seniors, Chair workout for seniors and many more.</p>

<p><u>Warwickshire Wildlife Trust</u> https://www.warwickshirewildlifetrust.org.uk/</p> <p>Ideas for discovering wildlife in your garden and ways to support and develop the wildlife in your garden</p>	<p><u>Mayathon</u> https://mayathon.com/</p> <p>People are invited to buddy-up (virtually) with a friend, family member or colleague and support each other to do 26 minutes of exercise a day.</p> <p>It can be any activity and it's not competitive. It's not about how far or how fast, just that people do their 26 minutes and help their mayathon buddy to do theirs.</p>	<p><u>Walking for Health</u> https://www.walkingforhealth.org.uk/</p> <p>Provides top-tips, tools and advice to stay motivated when walking. Information and advice regarding walking with health conditions</p>
<p><u>10 Today</u> https://www.bbc.co.uk/sounds/brand/p087wddm</p> <p>Easy to follow, audio 10-minute daily home workouts to help older people stay active.</p>	<p><u>Move it or Lose It</u> https://www.facebook.com/MoveItOrLoseIt1/</p> <p>Move it or Lose it offer Live facebook workouts at 2.30pm on weekdays. The sessions are aimed specifically for older people or those with mobilities problems and can even be done sitting down.</p>	<p><u>NHS Sitting Exercises</u> https://www.nhs.uk/live-well/exercise/sitting-exercises/</p> <p>Provides many gentle sitting exercises to help improve mobility and prevents falls. All you need is a stable chair</p>