

## Keeping active at home

Remaining active whilst staying at home can be a challenge. With access to gyms no longer possible, here are some tips from Care first on remaining active whilst staying at home.

### **Sit less, stand more**

Research tells us that sitting for extended periods isn't good for our health. A good, simple way to ensure you are avoiding extended periods sat down is by standing whilst making calls, if you are working from home for example. Another simple way to remain active at home is to walk up and down the stairs each hour throughout the day. As we are all based at home much more now, we are typically taking less steps than we usually would. A few times up and down the stairs each day can help to increase step counts and our heart rate.

### **Add in exercises or stretches whilst making a drink**

Another simple change you can make is to incorporate light, bodyweight exercise whilst completing everyday tasks. This could be completing squats whilst brushing teeth, lunges whilst the kettle brews, or even some stretches. You may find your muscles and joints feeling unusually stiff at the moment despite a more sedentary lifestyle than usual. Exercise actually works to lubricate joints, so time spent inactive can cause stiffness to set in.

### **Household chores can keep you active**

Whether it is mowing the lawn, trimming hedges, vacuuming or washing dishes, all household tasks will require some effort, and some are excellent ways of keeping active whilst remaining at home. Create a list of household tasks you'd like to achieve before the current lockdown ends and use the more demanding ones as a form of exercise!

### **Sleep better, exercise more?**

If you're finding the motivation to exercise isn't there at the moment then consider how well you are sleeping. Sleep directly impacts how alert and active we feel during the day. Could an extra hour of sleep mean you have the energy to go for a walk the next day? It can help to put away phones and tablet computers an hour before going to bed to ensure our brain has time to 'switch off'.