**https://www.sasp.co.uk/staying-active-on-your-own**

**Staying Active At Home For Adults**

**Staying active in this uncertain time is now more important than ever for both your physical and mental health. Below are some great examples of activities you can be trying in and around your home.**

**Chair Based Exercises**

SASP have [**online exercise classes**](https://www.sasp.co.uk/exercise-videos) in the form of pre-recorded videos that are great to do from the comfort of your own home. You can pause the videos and re-watch at any time, meaning it's easy to follow on as many times as you want and at your own pace. The class uses chair based exercises, meaning people who struggle to stand either for long periods or without support will be able to participate. These videos are designed to help improve strength, mobility and flexibility.

https://www.sasp.co.uk/exercise-videos

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**Fitness Blender **

[**Fitness Blender**](https://www.fitnessblender.com/videos) have over 500 free workout videos that you can try out and follow along at home.

**https://www.fitnessblender.com/videos**

**Les Mills**

[**Less Mills**](https://www.lesmills.com/uk/ondemand/) have a collection of over 800 workouts online that you can stream, cast or download. You can get a 14 day FREE trial for this on their website, as well as lots of FREE content being on their website for everyone to access.

https://www.lesmills.com/uk/ondemand/

**NHS Gym-Free Workouts**

These [**illustrated guides**](https://www.nhs.uk/live-well/exercise/gym-free-workouts/) show you how you can stay active at home using various things around the house; no equipment required.

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

**NHS 10 Minute Workouts**

These [**10 minute workouts**](https://www.nhs.uk/live-well/exercise/10-minute-workouts/) are perfect for a quick workout or break when you have some spare time at home.

https://www.nhs.uk/live-well/exercise/10-minute-workouts/

**OneYou Home Workout Videos**

[**OneYou**](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/) have some great videos for you to follow along with at home that are easy and simple to follow.

https://www.nhs.uk/better-health/get-active/home-workout-videos/

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**MumFit **

[**MumFit**](http://www.mumfit.net/?fbclid=IwAR1QusT1zpS8PFcm7DET_aRCIXh-I86N02KvAfSoTU1kyi6PE2Dfdh2gWKY) is a pre and postnatal fitness service that is moving to online classes to keep pregnant people and new mums moving. For a charge, you can get access to 3 sessions a week for parents and school children to follow too. Future classes can also be found on their [**Facebook page**](https://www.facebook.com/MumFitSouthMcr/).

<http://www.mumfit.net/?fbclid=IwAR1QusT1zpS8PFcm7DET_aRCIXh-I86N02KvAfSoTU1kyi6PE2Dfdh2gWKY>

https://www.facebook.com/MumFitSouthMcr/

**Joe Wicks (aka. The Body Coach TV)**

Fitness coach [**Joe Wicks**](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ) has a new 7 day workout guide in the form of 20+ minute YouTube videos, the first of which can be found [**here**](https://www.youtube.com/watch?v=QXmdXilQaqA). He is also now uploading [**'Home Workouts For Seniors'**](https://www.youtube.com/watch?v=ybVMu31DLQU&list=PLyCLoPd4VxBvH1ZqD6Vp6vD2C2No1cloe)

https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ

<https://www.youtube.com/watch?v=QXmdXilQaqA>

**Vinyasa Flow Yoga Videos**

The NHS have uploaded previously recorded [**yoga sessions**](https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/) from live webcasts for people to watch and follow along at home. These sessions range from 10 to 45 minutes in length.

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**https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/**

**Make Movement Your Mission**

A new [**Facebook group**](https://www.facebook.com/groups/138533120904126/) has been created encouraging people to join in with 'Bex', who will be doing live videos 3 times daily to encourage people to keep moving.

https://www.facebook.com/groups/138533120904126/