

# Wellbeing toolkit

Active at home



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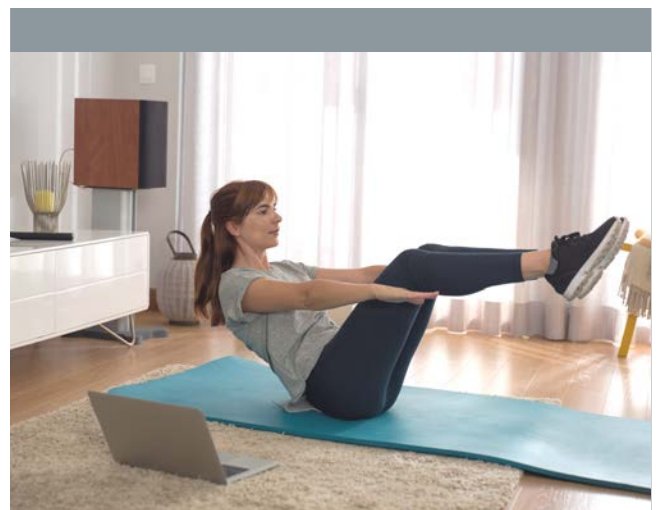
# Active at home

Exercising will help you feel better, in both mind and body. Whilst going to a gym or your regular fitness class may not be possible, you can still get active at home without the need for any special equipment.

Exercises like press ups, squats, lunges and burpees require nothing more than your bodyweight and will really get your heart rate going.

There are lots of exercise tutorials available on YouTube, including yoga and circuit training. New members of the Westfield Health group, High Five Health Promotion also have a wide range of workouts on YouTube - take a look at the further resources page for details.

Remember to listen to your body carefully. Warm up and cool down, and don't overexert yourself. If you feel any dizziness or shortness of breath you should stop and rest, and call NHS 111 if you start to feel worse.



## In this factsheet

- Bodyweight exercises
- 5-minute workouts
- Further resources

## Bodyweight exercises

While working at home, most people won't have access to specialist gym equipment. But this doesn't mean you can't exercise.

Keeping your body active is a great way to break up your day and keep your energy up. Here we've made a list of five of the most effective exercises you can do at home. All you need is some clear floor space.

Start by doing all exercises once. As you get stronger and more confident you can repeat them 3-5 times, increasing as you get stronger.

### Planks

Planks are a great all-round exercise. They're very effective at strengthening your core and they work your shoulders, arms and glutes too. To do a plank, place your hands on the floor shoulder-width apart in the press-up position. Straighten your back by lifting your head slightly, focusing on a spot on the floor about half a metre in front of you. You should be aiming to hold this position for around a minute at a time. To isolate your core further, try a forearm plank. You should follow the instructions as above, but resting your weight on your elbows with your arms out flat in front of you.



## NHS exercise guidelines

The NHS guidelines recommend that adults do 150 minutes of exercise a week. That breaks down into five 30-minute sessions.

For more information on the guidelines, visit: <https://www.nhs.uk/live-well/exercise/>



## Lunges

Lunges are a great exercise for your legs, working your hips, glutes, quads, hamstrings and core, as well as your inner thighs. To perform a lunge, stand up straight with your legs hip-width apart. Take a long step forward with your right leg so that your foot touches the floor heel first. Lower your body until your right thigh is in line with the floor and your lower leg is vertical. Then, stand up by pushing your right heel into the floor so your back is in your starting position. Repeat these for 10-15 times on each leg. To make it more difficult, try holding something safely and securely in your hands to add weight.

## Mountain climbers

Mountain climbers are a great exercise to raise your heart rate whilst exercising your legs and engaging your upper arms and core. Start in a high plank position, as described above, with your arms shoulder width apart. Bring your left knee up to your chest then return it to the starting position. Repeat the same motion with your right leg. This counts as one repetition. Try to keep your back straight throughout. Repeat this for 10-12 reps. The faster you do it, the harder it will be.





## Squats

Squats are a lower body exercise that work your legs and glutes and help to improve lower body mobility. To do a squat, stand with your legs shoulder width apart and your feet either pointing forwards or slightly out to the side, whichever feels more comfortable. Slowly sit back, bending your knees whilst pushing out backwards, keeping your knees behind your toes. Try to squat until your hips are lower than your knees. If you can't get this far down then keep practising! Then stand up, keeping your back straight throughout. Repeat this 10-12 times.



## Press-ups

Press-ups are one of the most popular bodyweight exercises that are very effective at strengthening your chest, core, triceps and shoulders. As with all exercises, it's very important that you have good form. Place your hands on the floor, shoulder width apart. Put your feet straight out behind you, until your back is straight.



The movement starts by moving your chest to the floor, then pushing back up into the starting position. Keep your hips in line with your shoulders throughout and your elbows tucked into your sides. The closer your chest gets to the floor the better. If you find this too difficult then try them with your knees on the floor.

# Five-minute workouts

Exercise is a great way to beat stress, boost our mood and keep our bodies healthy, but finding time to fit in a home workout session after a long shift can be challenging.

There are two parts to getting active: the amount of time you spend exercising, but also the amount of sedentary time in your daily routine. Even if you're active during the day, sitting for more than an hour slows our metabolisms down, making us feel sluggish and sleepy. We've found and tested ten 5-minute workouts that are easy to build into your morning or evening routine or even for a quick burst of activity during the day.

All these workouts are on YouTube - click the workout title to go straight to the video.

## Morning yoga

Make it really easy to start your day as you mean to go on with this relaxing 5-minute morning yoga routine.

## 600-step samba

Rack up your step count with this 600-step workout to cheesy classic copacabana.

## No-weights arm toning

See if you can keep your arms up all the way through this four-minute toning challenge.

## 5-minute move with Joe Wicks

These quick workouts can be done as a family or on your own - they're tough for adults too!

## Flat abs workout

Wake up your core by taking five minutes to really focus on your abs - this one is tough.

## 4-minute leg toning

Combine cardio with lots of leg-toning moves in this 5-minute, HIIT-style workout.

## Quickfire HIIT

Tackle this challenging 5-minute HIIT routine with lots of dynamic movements.

## Stress-busting cardio

Get rid of some stress with this quick cardio workout that centres on punches and kicks.

## Mini yoga break

Take some time out to stretch and unwind with this super speedy 5-minute yoga practice.

## 5 min ab challenge

Challenge yourself with five back-to-back ab exercises for one minute each.

## Further resources

### High Five Health Promotion

<https://www.youtube.com/channel/UChrD8PfVIR3KUdySKOlCjrQ/videos>

Part of the Westfield Health family, our High Five gym coaches can still put you through your paces from the comfort of your living room. From active breaks to tabata, there are loads of videos to choose from.

### Couch to 5k

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

One of the best known fitness resources out there, this NHS app can take novice runners to the 5k mark in around 2 months. You alternate walking and running for set intervals, guided by a podcast that manages the timings for you. You can even pick your preferred celebrity coach to guide you through it!

### NHS Fitness Studio

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

From belly dancing to ten-minute ab workouts, there's a whole host of workouts available for free from NHS Fitness Studio. You'll also find a range of fitness plans to help you stay on track week after week.

### Joe Wicks

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The well-known body coach has become a familiar face throughout isolation by creating daily PE lessons for kids. Whether you're doing them with your family or on your own, his workouts wake you up and give you a boost. Try his five-minute workouts whilst waiting for your tea or coffee to brew.

### YouTube yoga

<https://www.youtube.com/user/yogawithadriene>

There are many different yoga classes available on YouTube. One of the best known is Yoga with Adrienne - try her 30-day yoga challenge to help keep you on track day after day. Many smaller studios are also putting their classes online, so be sure to check local yoga studio websites or facebook pages for details.

### Instagram live

<https://www.instagram.com/>

Whether it's meditation from Lululemon or Rumble boxing taking their classes online, many fitness brands and boutique studios are taking their classes virtual with the help of Instagram live. Check your favourite brands' profiles for details of when they're running live sessions.

# Wellbeing toolkit

This factsheet is part of our Wellbeing Toolkit aimed at helping teams stay well during the coronavirus outbreak.

Take a look at [westfieldhealth.com/covid-19](https://westfieldhealth.com/covid-19) for access to all resources.