

WE ARE ACTIVE.

WE ARE NEWHAM.

Get active in Newham

www.newham.gov.uk/community-parks-leisure/physical-activity

WELCOME

Over the past year we have all had to spend more time indoors than we normally would, for many of us this has meant finding it harder to stay active. However, it's never too late to start! Check out the great activities, exercises and equipment that we have pulled together to make it easy for you to keep active at home, in the park or wherever suits you. We have something for everyone!

These exercises have been collated from a range of sources including NHS, Age UK, British Heart Foundation and Sense. The London Borough of Newham cannot be held liable or responsible for any injury, loss or damage of any kind arising out of or in connection with the use of these exercises.

EXERCISES	3
RESISTANCE BAND EXERCISES	13
ACTIVITIES FOR FAMILIES AND CHILDREN	19
MORE WAYS TO GET AND KEEP ACTIVE	23
THE FIVE WAYS TO WELLBEING	25
A SHORT SURVEY	28
SUPPORT	29

EXERCISES

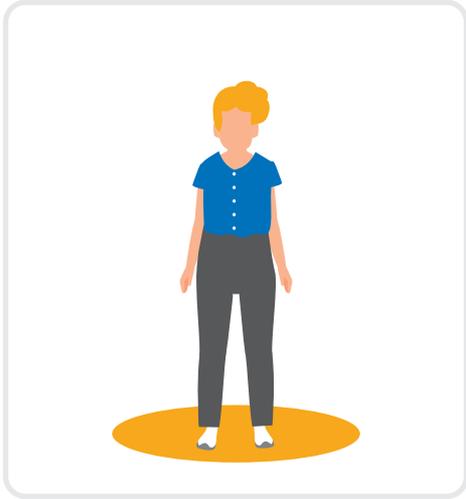
Here are some gentle inclusive exercises to get you moving at home.

Tactile Objects: balls, ribbons, bells, woolly jumper, pillows, rice, tin foil, sponge, beads, buttons, cotton, seashells, shaving foam

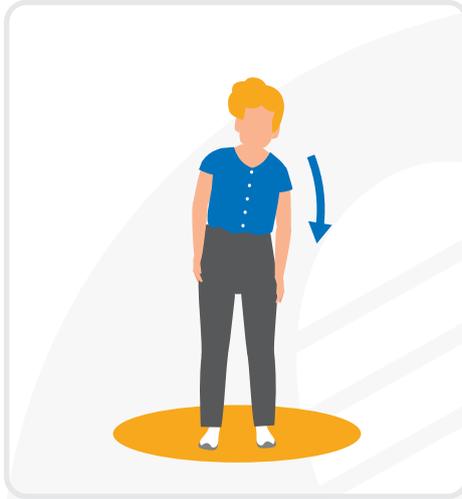
Tactile Surfaces: grass, wood, bark, sand, shredded paper, carpet

SIDEWAYS BEND

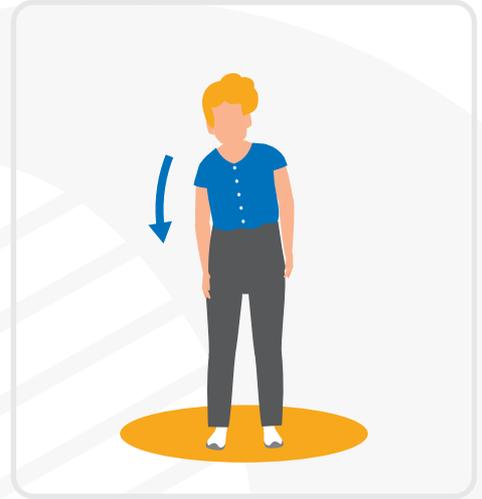
Helps restore flexibility to the lower back.



1. Stand upright with your feet hip-width apart and arms by your sides.



2. Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip. Hold for 5 seconds.

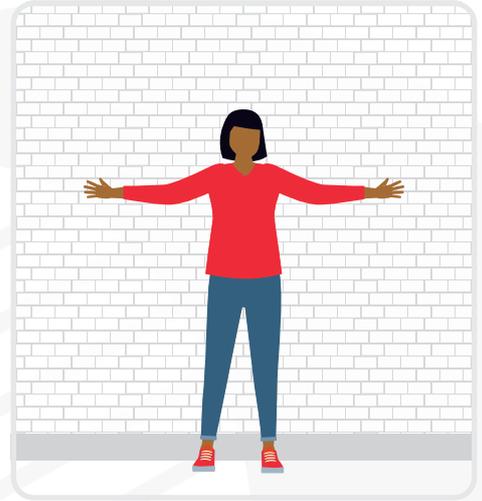


3. Repeat with your right arm.
4. Perform 3 on each side.
5. Make it more sensory: place a tactile target to reach such as a balloon.

Watch the YouTube video of this exercise: <https://youtu.be/xCpOyXPQ19w>

WALL SNOW ANGELS

To improve mobility, posture and strength.

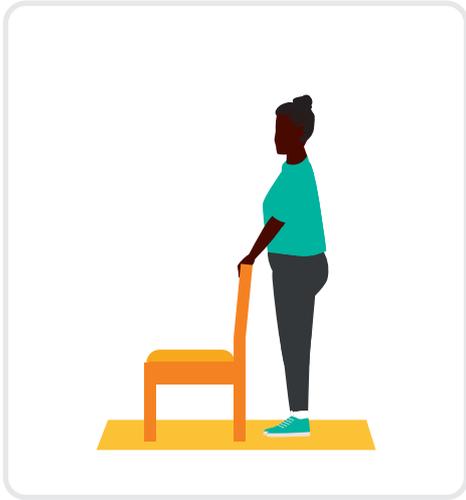


1. Stand with your upper back, head, bum and heels against the wall. (remove watches/jewellery in case it scrapes the walls).
2. Start with your hands out to the side with your palms facing outwards.
3. Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible.
4. Slowly return to your starting position and then repeat – aim to complete 5-10 times.
5. Take a break for 40-60 seconds before repeating again. Aim for 2-3 sets.
6. Make it more sensory: try this movement against different surfaces such as wallpaper or add material.

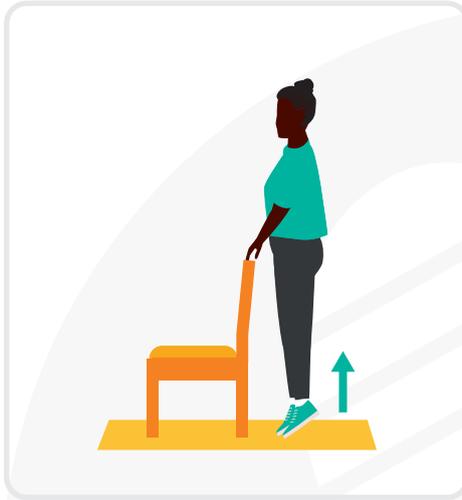
Watch the YouTube video of this exercise: <https://youtu.be/LIihNxUFSVM>

HEEL RAISES

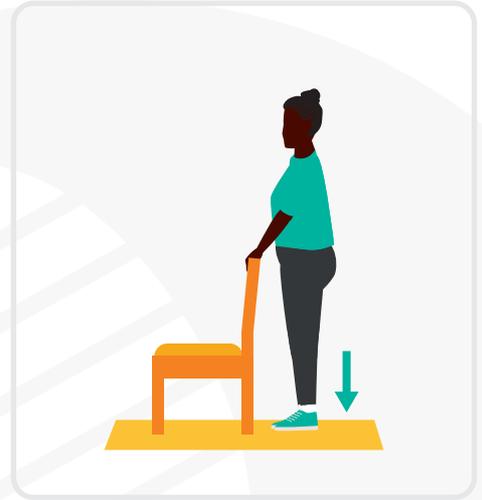
This exercise will build strength and mobility.



1. Rest your hands on the back of a chair for stability.



2. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

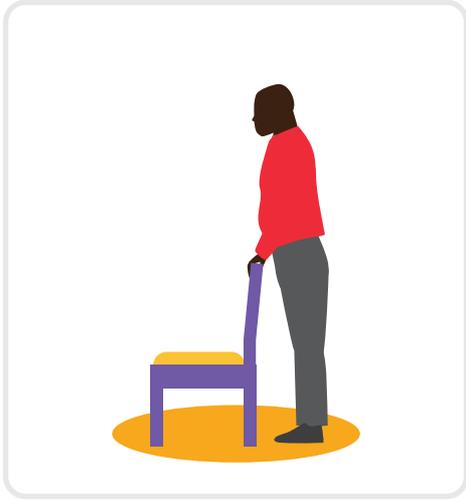


3. Repeat 5 times.
4. To make this more difficult, perform the exercise without support.
5. Make it more sensory: place a tactile object under the feet.

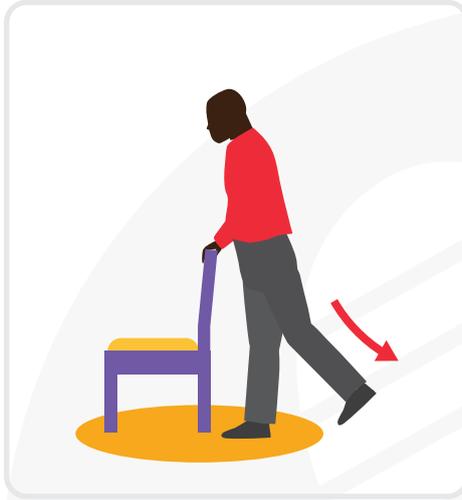
Watch the YouTube video of this exercise: https://youtu.be/uweYb5RC5_s

LEG EXTENSION

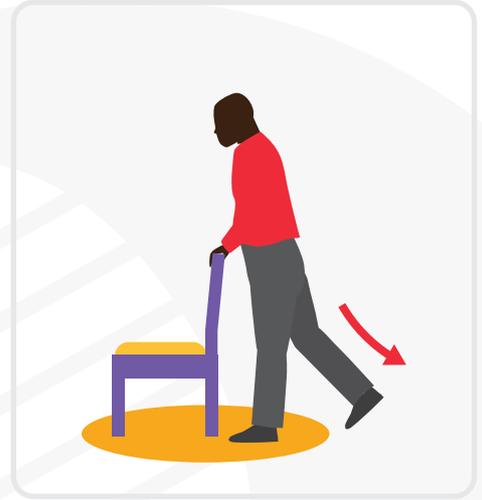
This exercise will build strength and mobility.



1. Rest your hands on the back of a chair for stability.



2. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Hold the lift for up to 5 seconds.

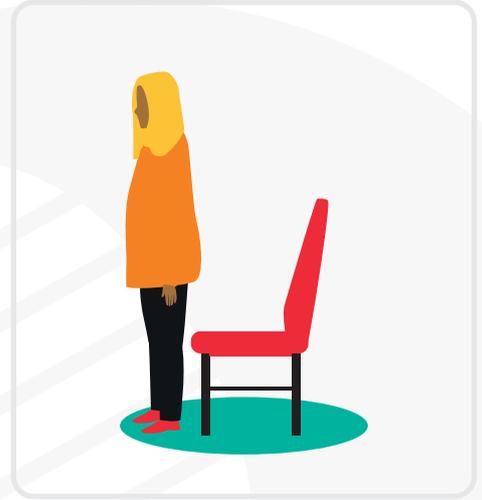
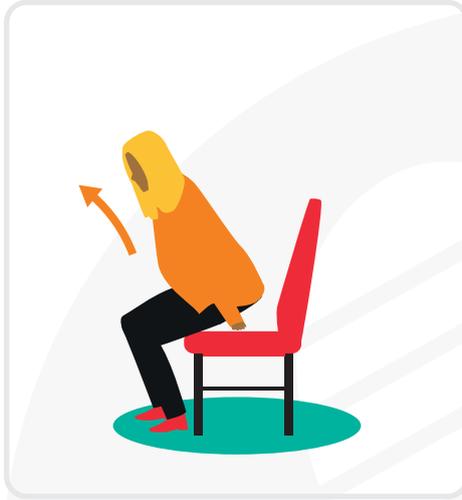
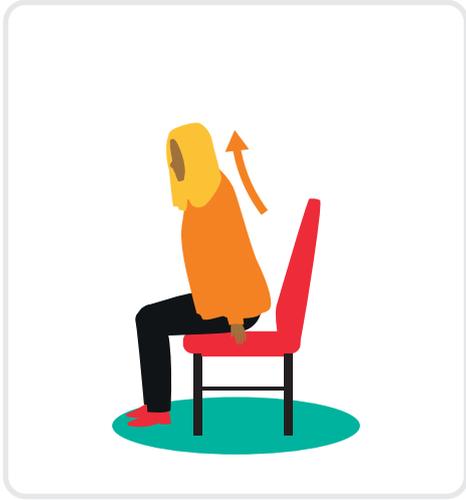


3. Repeat with the right leg.
4. Repeat 5 times with each leg.
5. Make it more sensory: try barefoot on different surfaces.

Watch the YouTube video of this exercise: <https://youtu.be/i1EYqjVb0HY>

SIT-TO-STAND

This exercise will build strength and mobility.

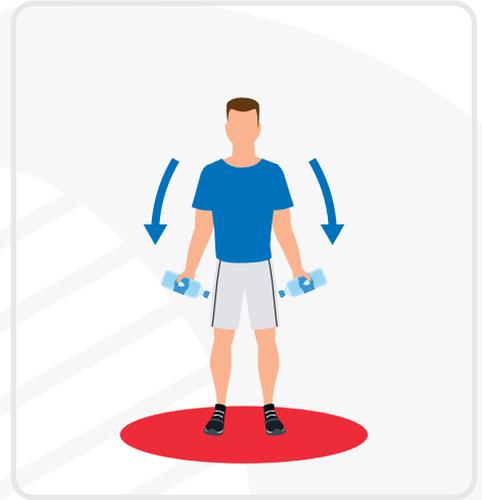
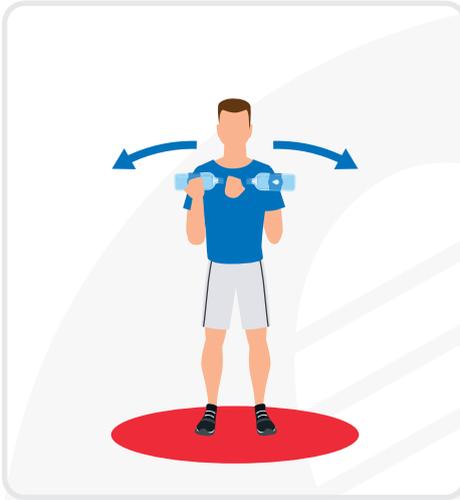
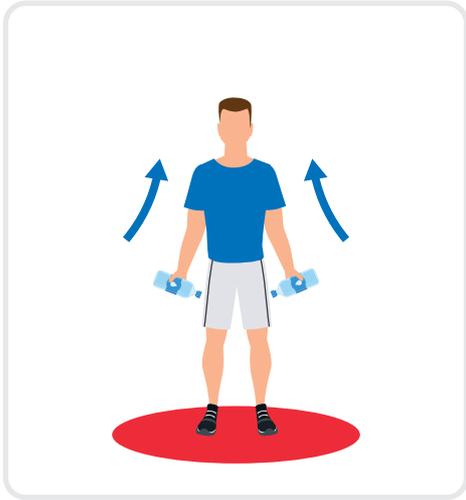


1. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
2. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.
3. Stand upright and then slowly sit down, bottom-first.
4. Aim for 5 repetitions – the slower, the better.
5. Make it more sensory: place tactile targets on the chair.

Watch the YouTube video of this exercise: <https://youtu.be/AjfR6okje98>

BICEP CURLS

This exercise will build strength and mobility.

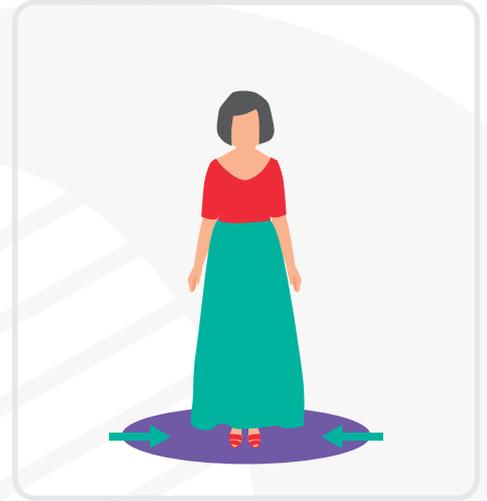
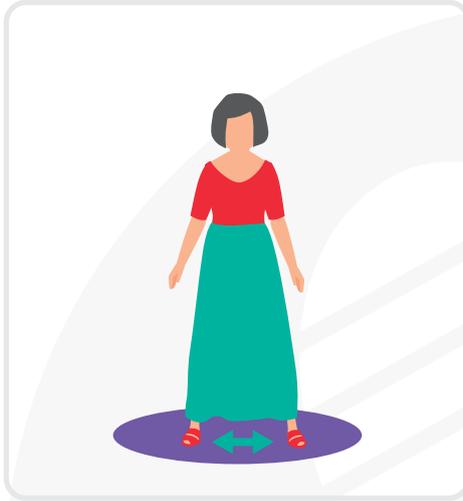
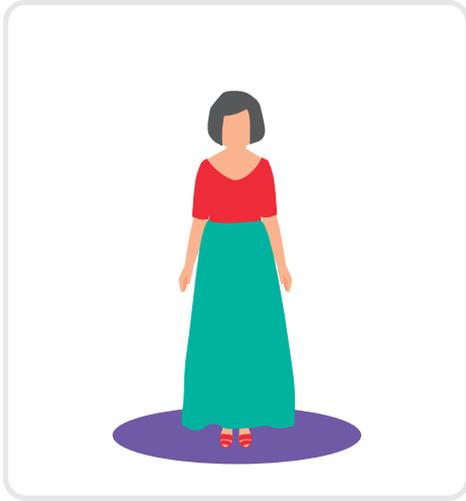


1. Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.
2. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
3. Slowly lower again.
4. This can also be carried out while sitting.
5. Attempt 3 sets of 5 curls with each arm.
6. Make it more sensory: try holding tactile objects in hands or fill empty water bottles with rice or lentils.

Watch the YouTube video of this exercise: https://youtu.be/Ss7_zXU9rvI

SIDEWAYS WALKING

This exercise will improve balance and mobility.

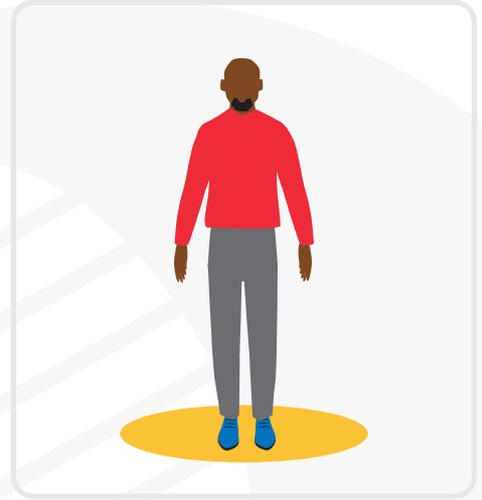
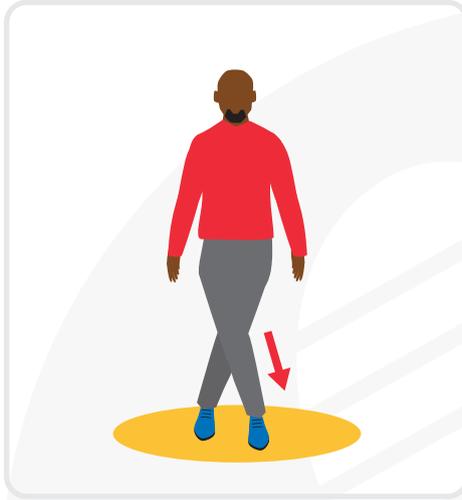
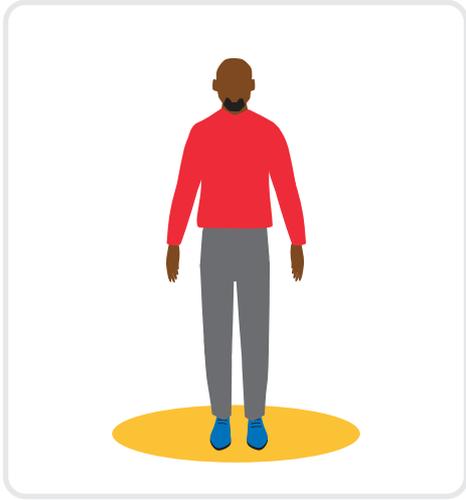


1. Stand with your feet together, knees slightly bent.
2. Step sideways in a slow and controlled manner, moving one foot to the side first.
3. Move the other to join it.
4. Avoid dropping your hips as you step.
5. Perform 10 steps each way or step from one side of the room to the other.
6. Make it more sensory: try barefoot on different surfaces.

Watch the YouTube video of this exercise: https://youtu.be/_M3zx1TH3e8

SIMPLE GRAPEVINE

This exercise will improve balance and mobility.



1. This involves walking sideways by crossing one foot over the other.
2. Start by crossing your right foot over your left.

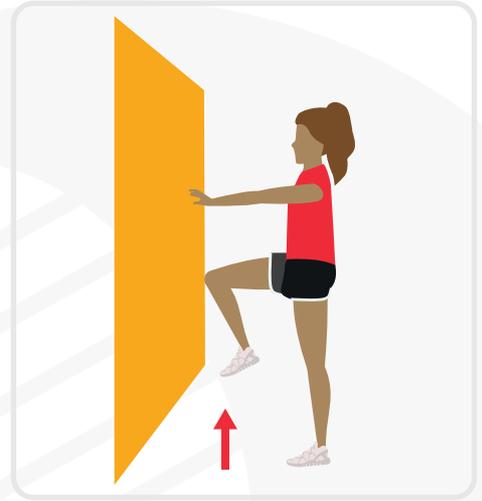
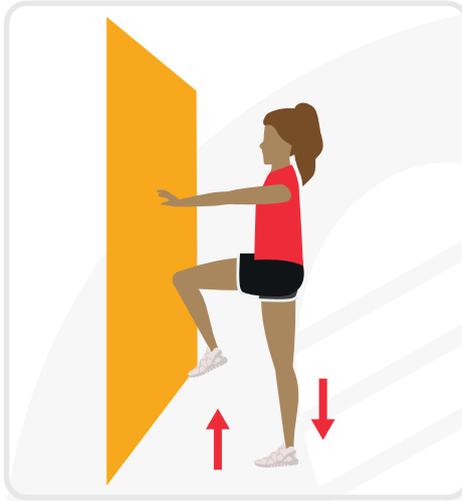
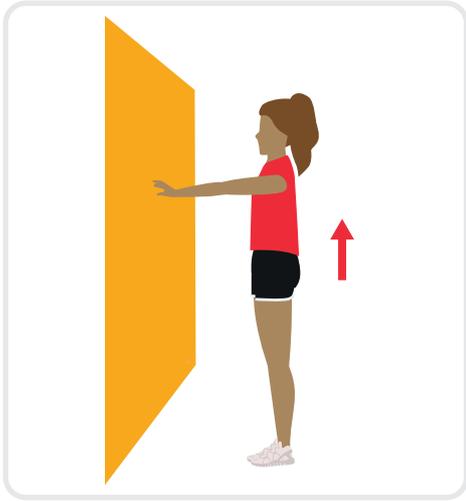
3. Bring your left foot to join it.
4. Attempt 5 cross-steps on each side. If necessary, put your fingers against a wall for stability. The smaller the step, the more you work on your balance.

5. Make it more sensory: add stimulation such as music, why not try it to your favourite tune?

Watch the YouTube video of this exercise: <https://youtu.be/6evUeAUANYw>

ONE-LEG STAND

To improve balance and bone strength.



1. Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.
2. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Hold the lift for 5 to 10 seconds. Gently place your foot back on the floor.
3. Perform 3 on each side.
4. Make it more sensory: place a tactile object under the feet.

Watch the YouTube video of this exercise: <https://youtu.be/Jlqzny2mqOs>

RESISTANCE BAND EXERCISES

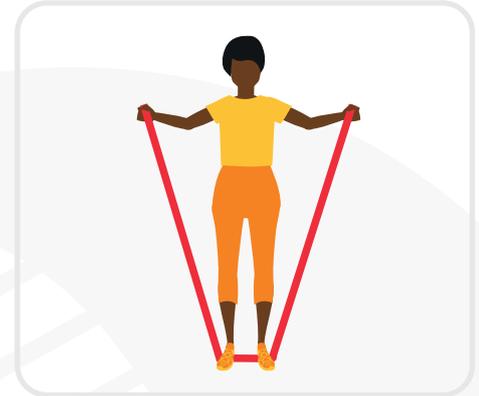
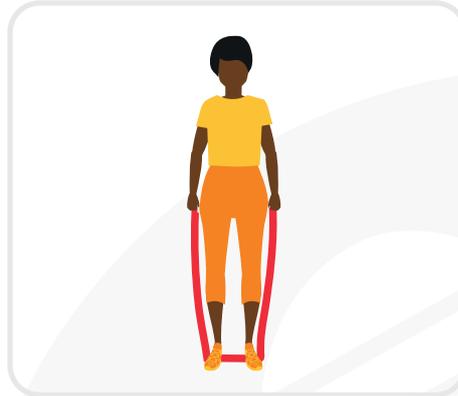
Here are some exercises with a resistance band that can help improve your strength and flexibility.

Source: British Heart Foundation

www.bhf.org.uk/information-support/heart-matters-magazine/activity/resistance-bands

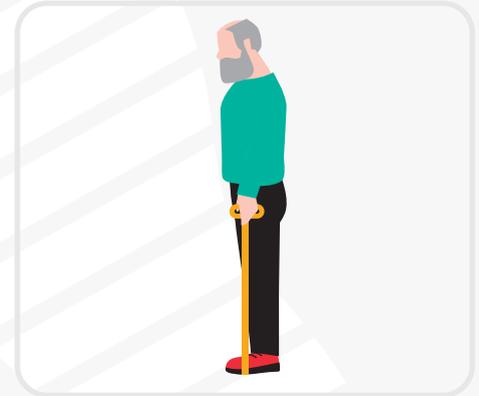
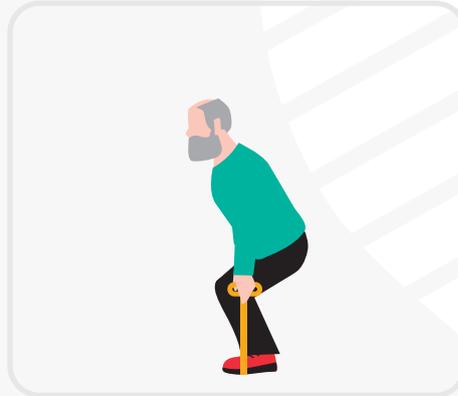
LATERAL RAISE

Stand up, place both feet on the middle of the resistance band and hold each end of it with your hands. Raise both arms to the side, until they reach shoulder height, then return to your starting position and repeat ten times.



SQUATS

Place both feet on the middle of the resistance band and hold each end of it with your hands. Slowly bend your knees into a squatting position, then return to your starting position and repeat ten times.



CHEST PRESS

Sit or stand and put the resistance band behind your back and hold each end of it. Stretch both arms out in front of your chest, then return to your starting position and repeat ten times.



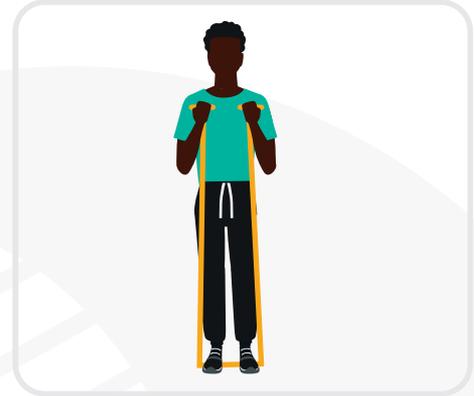
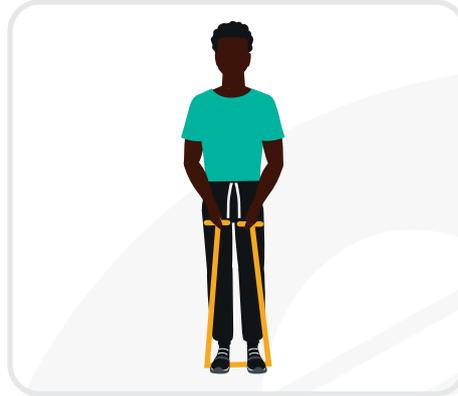
LEG PRESS

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten times.



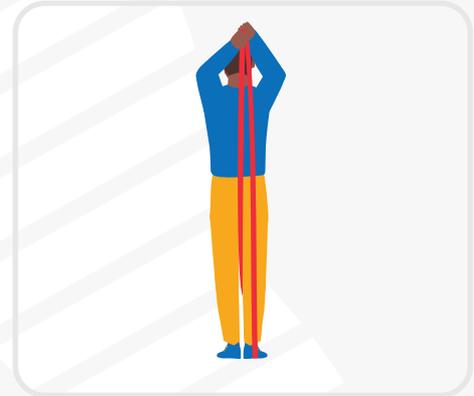
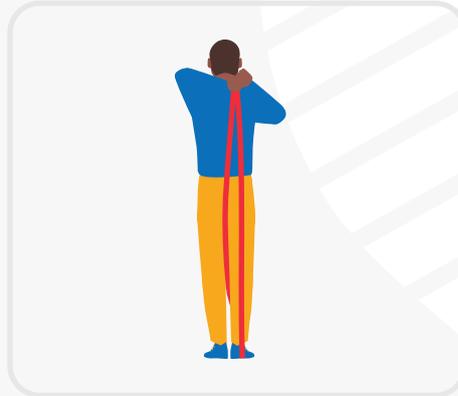
BICEP CURL

Sit or stand, place both your feet on the middle of the resistance band and hold each end of it with your hands. Raise your arms out in front of you to chest height, then return to your starting position and repeat ten times.



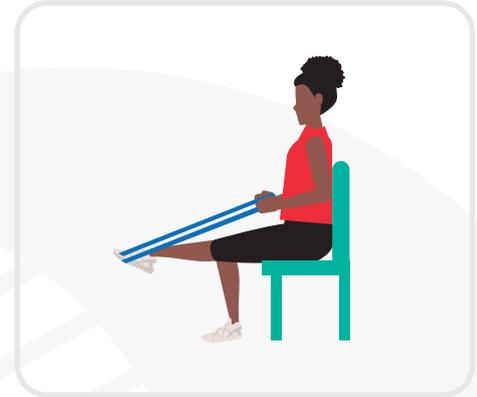
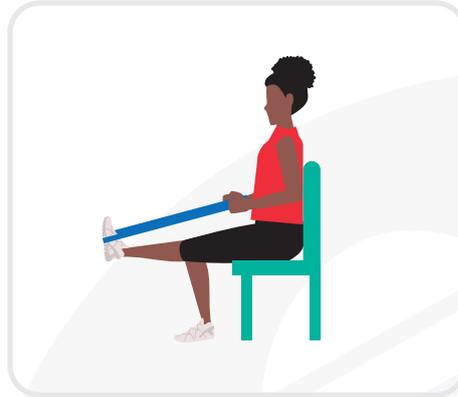
TRICEP PRESS

Stand up and place one end of the resistance band under the heel of one of your feet. Hold the other end of the band with both your hands, stretch the band so it runs behind your body and pull it above your head, then return to your starting position and repeat ten times on each side.



SEATED CALF PRESS

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground. Return to the starting position and repeat with each leg ten times.



ACTIVITIES FOR FAMILIES AND CHILDREN

Source: Active for Life
<https://activeforlife.com/activities/>



DANCE PARTY

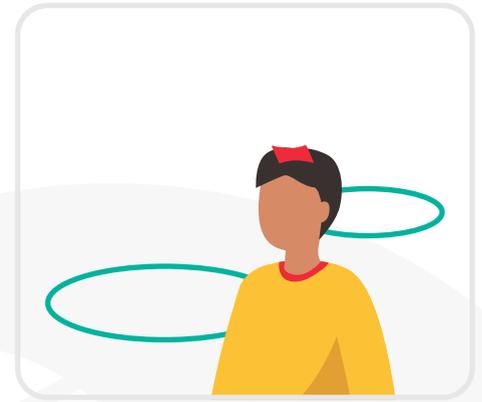
Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your children twist, Macarena, floss, dance like their favourite animal, or freestyle their way to fun.

Take it back to the old school and show off your best dance moves too!



BEAN BAG TOSS

Beanbags are an easy-to-grip and throw item for children. Indoors or out, have children throw them into targets such as laundry baskets or hula-hoops.



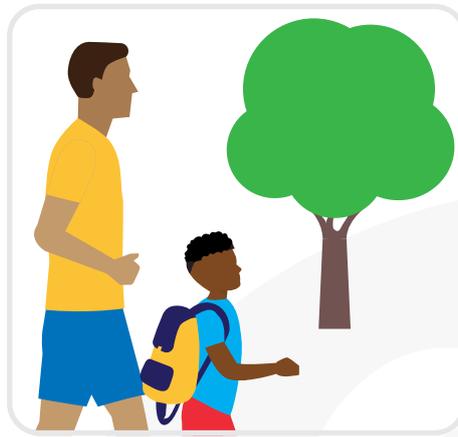
BEAN BAG BALANCE

Have your child balance a beanbag on their head and walk from one point to another without dropping it. As they master the walk, move the points further apart or make the course a bit more challenging by adding zigzags or circles, or objects around which they have to manoeuvre.



OBSTACLE COURSE

Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a ball or stuffed animal into a laundry basket, etc.



WALK

Get into nature and encourage your children to climb hills, jump over sticks, and balance on tree stumps. Newham has a number of lovely parks and open spaces to explore including a number of self-led walking routes that have been mapped across the following parks to help keep you active. Just follow the leaf signs on the ground.

Canning Town Recreation Ground, Central Park, Memorial Park, Stratford Park, Royal Victoria Gardens, Plaistow Park, Beckton District South, Plashet Park



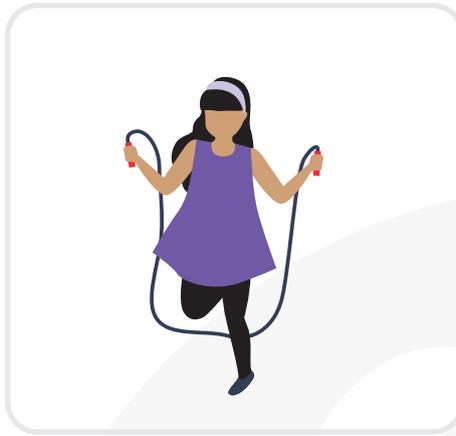
STREET TAG

Street Tag is a FREE fun, family-friendly game which encourages greater participation in outdoor physical activity, such as walking, running and cycling. It helps to support an active lifestyle and improved mental health. By participating you have a chance to discover your local area, parks and green spaces. Along the way you collect virtual tags, which all add up on your local leader board and can lead to prizes for families and schools. Download the Street Tag app today on the App Store or Play Store. For more information visit www.streettag.co.uk



CATCH

Children learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.



SKIPPING SKILLS

Skipping is an excellent workout for adults and children. Try these challenges:

- Do as many skips as possible in one minute, skip on one leg, cross your arms to skip, skip backwards.
- Speed it up or slow it down depending upon how you feel and how much you want to push yourself. You could even create a routine with a family member or compete with someone via video call!



BALL KICKS

Balls are a staple for so many games and activities. Using different types and sizes of balls have your child see how far they can kick, or play goalie in front of a wall or fence and see if your child can kick the ball past you.

MORE WAYS TO GET AND KEEP ACTIVE

Keeping you moving at home

We have compiled a range of workouts, videos and guidance on adapting activities for all ages and abilities, to help you move more at home. For more information please visit:

www.newham.gov.uk/coronavirus-covid-19/covid-19-advice-support/10

More ways to keep active

Check out what's happening locally, we've got activities ranging from walking groups, inclusive cycling sessions & fitness sessions in parks to name a few. For more information please visit: www.newham.gov.uk/community-parks-leisure/physical-activity

Leisure Centres

Don't forget our leisure centres are now open! For more information on opening hours and what's on please visit: www.activenewham.org.uk



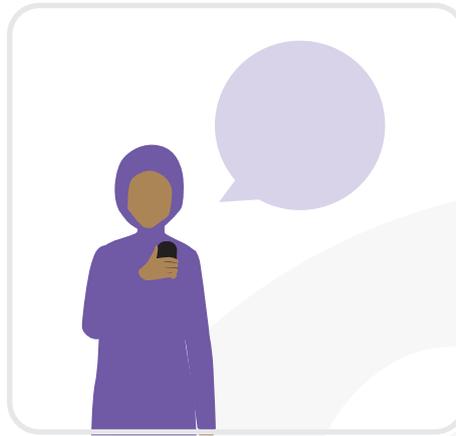
THE FIVE WAYS TO WELLBEING

Just like your physical health, taking care of your mental wellbeing is very important, now more than ever.

5 Ways to Wellbeing are five recommended actions that research has shown we can all do to support personal wellbeing, help us feel good and prevent mental health problems during difficult times. These actions are:

- Connect
- Keep Learning
- Be Active
- Take Notice
- Give

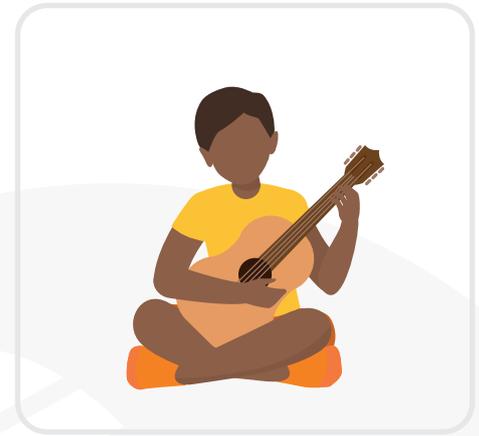
Here's some tips on how you can incorporate these 5 actions into your everyday life.



CONNECT

There are many ways to stay connected to friends and family even if we can't see them in person.

- Emailing, calling, texting or even writing a letter to loved ones are great ways to keep in touch.
- Set up a video call with some members of your family.
- Invite your friends and catch up remotely over a cuppa.



KEEP LEARNING

Try something new or rediscover an old interest. Whether it's doing a crossword or Sudoku, reading a book, baking/cooking, learning about your family history, learning a new language or new skills such as drawing and painting can give you a sense of achievement and a new confidence, and will help boost your mental wellbeing.

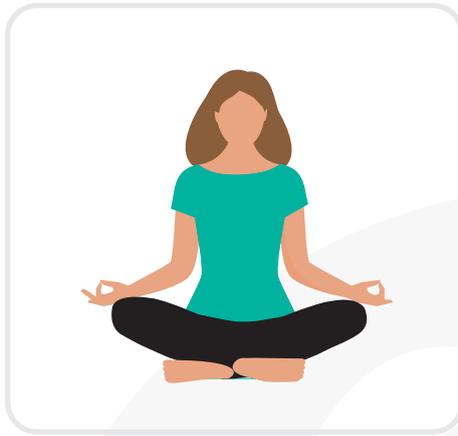
Whatever it is, find something that works for you.



BE ACTIVE

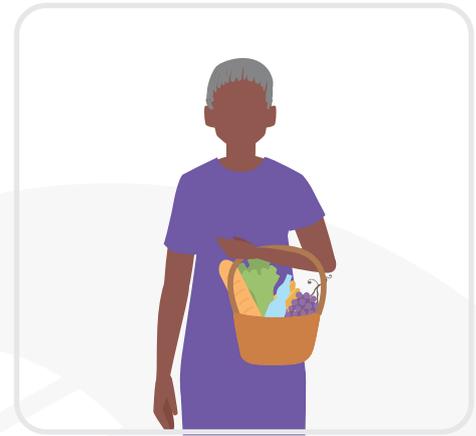
Being active isn't just for physical health and fitness, it's great for your mental health, too. Regular physical activity is associated with lower rates of depression and anxiety.

Check out our list of activities and exercises to help you and your children move more!



TAKE NOTICE

Try Mindfulness. Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Why not keep a 'window diary' of interesting things that happen outside? Reflecting on your experiences will help boost your mental wellbeing. You can also try this with your children. Feel yourself getting stressed or anxious, why not use your Stress Ball. The act of repeatedly squeezing the ball can help to release tension and relieve stress.



GIVE TO OTHERS

Doing things for other people can be a powerful way to improve our own mental wellbeing. Even the smallest act, whether it's a smile, a thank you, a kind word or committing an act of kindness, like making something for charity, will help boost your mental wellbeing. With your children why not make some cards for friends and family?

A SHORT SURVEY

These packs have been designed by LBN Public Health Sport and Leisure Team to help you to keep active at home, in the park or wherever you may choose to use it. We would love to hear your feedback! If you could please complete the following short survey and either return this page to where you collected your pack or simply contact us at:

Nicole.Napier@newham.gov.uk or **Gemma.Tully@newham.gov.uk**

Q.1. Have you used your physical activity pack? YES NO

Q.2. How many times a week do you use your pack?

Q.3 Who in your household has used your pack? Tick all that apply.

Older Adult Adult Children The whole family

Q.4. What did you like about the pack? Tick all that apply.

Easy to use The variety of exercises/activities & equipment It was informative

There was something for everyone Other (please specify):

Q.5. How could we improve the pack?

Q.6. Has the pack encouraged you to move more? YES NO

Q.6. Any other comments

PRIZE DRAW! If you want to be in with a chance of winning 1 of 3 family swims available with active Newham, please enter your details below!

Name:

Tel:

Email:



SUPPORT

There is a wide-range of support available across Newham, from help with food and shopping, to financial advice and assistance.

COVID-19 Helpline

The free COVID-19 Helpline is provided by Newham Council in partnership with Community Links.

The Helpline can provide information on a wide range of questions about COVID-19 including getting tested, the test and trace service, as well as how and when to isolate.

The Helpline can also provide information and support about accessing healthcare, food, financial advice, and much more if needed to help you if you are required to self-isolate.

Call **020 7473 9711** or email covidhelp@community-links.org.

The Helpline is open between 9am and 7pm, 7 days a week. Call handlers can speak multiple languages.

Our Newham Money

If you need financial support and are a Newham resident, Our Newham Money can help. Food bank vouchers, supermarket vouchers and energy vouchers are just some of the things they can offer. Contact them to see what support you are eligible for on **020 8430 2041** or OurNewhamMoney@newham.gov.uk

The Newham Food Alliance

The Newham Food Alliance is an open collaboration between partners who reach thousands of residents each week with food parcels, meals and other support. So if you are experiencing financial challenges that are preventing you from getting the food you need please contact the Newham Food Alliance - Monday-Friday (9am-5pm) at **07790 975 086** or email frontdoor@newhamfoodalliance.org



Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, try Connect Newham instead.

Connect Newham

Sometimes all it takes is a friendly voice and good chat to lift our spirits and help us feel more positive.

Connect Newham brings local people together through conversation so they can stay positive and connected - sharing stories, useful information and laughter.

How does it work?

It is easy, safe and all from the comfort of your own home.

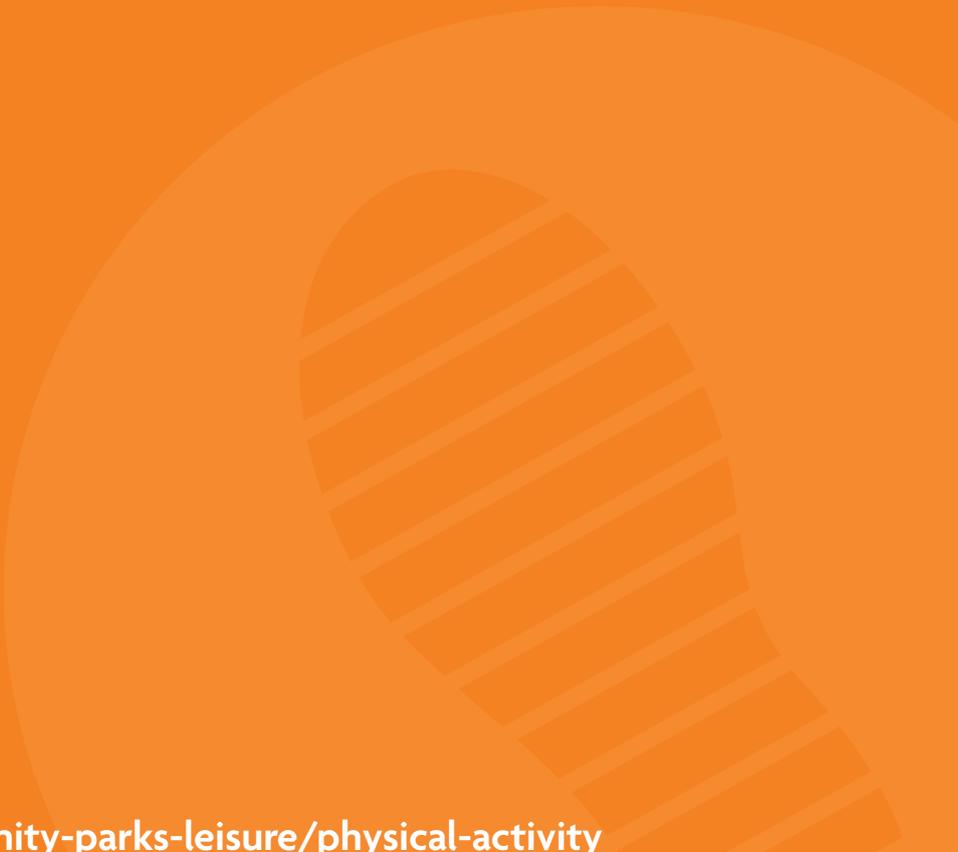
1. Over the phone you can tell them a little bit about yourself and decide how many calls you would like, from 3 up to 20.
2. They match you with a fully trained Connect Newham volunteer for a weekly or fortnightly chat over the phone at a convenient time that's convenient for you.
3. Get chatting

Get in touch and we will do the hard work for you.

Phone: **020 3954 3224**

Email: **contact@connectnewham.org.uk**





www.newham.gov.uk/community-parks-leisure/physical-activity