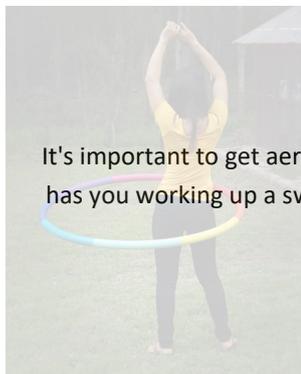


Staying active during lock down



Even though we're all stuck inside as a result of the coronavirus pandemic, there's no reason we should let COVID-19 stop us keeping fit. For children, making sure they can burn off energy and stay active is crucial for their well-being - and to stop them bouncing off the walls. Keeping fit and working out can do wonders for both our physical and mental health. With so much uncertainty going on and everyone really anxious about the future, exercise is a fantastic way to decrease stress and take a break from everyday life.



Why exercise?

It's important to get aerobic exercise, which without getting too technical is any exercise that gets heart pumping and has you working up a sweat. All movement is good, from running around having fun or putting the radio on to have a dance - it doesn't matter what you do as long as you do something.



Do I need to follow a routine?

It really depends on the child, and the other commitments you may have. Some children - particularly those with anxiety or special needs - may benefit from a routine. But it's not one-size-fits-all. Routines don't always fit with family life and work. It doesn't really matter when you choose to exercise. Your exercise sessions need to be something you want to do, that you're going to have fun with. As long as it happens at some point, it doesn't really matter.

What should we do?

Home circuits

Make your own activity circuit using things you already have at home.

1. Hoola hoop 10x
2. 5 x jumps on a trampoline
3. Lifting full fizzy drinks bottles from the ground to above your head x 5
4. 5 x skips using a skipping rope

Celebrity Workouts

There are lots of sports celebrities as well as Joe Wicks posting free workouts on the internet.

<https://www.olympicchannel.com/en/stories/news/detail/sport-share-home-workouts-coronavirus/>

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

Dance the day away!

There are lots of pop dance routines to learn and dance along to on the internet. Dancing gets the heart pumping and makes exercise fun. You might even forget you are doing it!

Kids dance workout to "forget you" - https://www.youtube.com/watch?v=iuCPKBE_hmY

Missing football with your mates?

Try the 'keep up' challenge on YouTube to keep your skills sharp!

What if we don't feel like it?

There will be days when you might not feel like jumping about and working up a sweat. It is important to listen to your body. When this happens, take a walk around the garden to get some fresh air and keep some light level of exercise if you can .

Useful links

Yoga – www.youtube.com/user/CosmicKidsYoga
Superhero workouts - <https://www.youtube.com/user/Glennhigginsfitness/videos>

Change 4 Life activities - <https://www.nhs.uk/change4life/activities>

Jump start Jonny—<https://www.jumpstartjonny.co.uk/home>