

# Keep active at :

Light activity is moving rather than sitting or lying down and this should be carried out everyday.

## Examples of light activity include:

- getting up to make a cup of tea or a light meal
- moving around your home for example transferring small items from one place to another e.g. the laundry or the grocery shopping
- walking at a slow pace
- cleaning and dusting
- loading / emptying the dishwasher
- vacuuming or indoor sweeping
- making the bed
- standing up – time yourself and build this up in time, perhaps whilst watching a certain programme each day



Additionally, it is recommended that you carry out moderate activity for 30 minutes everyday to increase your heart rate and breathing rate.

## Examples of moderate intensity activities:

- brisk walking – or perhaps marching on the spot to your favourite song
- dancing
- pushing a lawn mower
- Light gardening such as weeding and watering



*You should be able to talk but not sing when moderately exercising.*

Activities to strengthen balance and muscles should be carried out 2-3 times per week.

Examples of muscle-strengthening activities:

- carrying heavy shopping bags
- yoga
- Pilates
- tai chi
- lifting weights
- working with resistance bands
- doing exercises that use your own body weight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling



As well as your physical health, it is important to keep your mind and soul well too:

- Enjoy caring for your pet
- Listen to or play music
- Learn something new: a language, instrument, how to use the internet
- Read / write a poetry
- Do a good deed for someone
- Snuggle with a blanket
- Craft / draw / paint
- Try something new
- Nurture your sleep
- Self care / groom – your nails, hair, skin care
- Sort out your photograph albums
- Get outdoors
- Take some photo's
- Make a keepsake for Lockdown2020 - for yourself or a relative
- Teach someone a skill
- Dance and sing
- Keep in touch with loved ones
- Tell someone a joke
- Make a gratitude list
- Join the 'Clap for NHS' each Thursday at 8pm
- Puzzles, crosswords, quizzes
- Play card games / board games

This is general information and not bespoke to your needs. If you are interested in getting more involved in any of the above activities but are having difficulties, please get in touch to see if we can problem solve this together. It may be that we can identify some alternative activities to build you up to being able to carry out the things you want and need to do.

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