

Active Movement at home

For many, staying at home for long periods of time will be a very different experience. Yet being indoors for a while does not mean you cannot be active. We now know that standing and moving more but sitting less is good for you. So if you are very sporty or less physically active, it does not matter – you can make a difference to your health even at home. Active Movement is the way we do this. So make your home an active one today

Why Active Movement?

After 20 minutes sitting your body begins to shut down in lots of different ways
This includes increases in visceral fat and blood inflammatory markers, reduction in fat-burning enzymes and muscle wastage below the waist
Standing up after 20 minutes for a couple of minutes stops these effects
Standing and moving reduces heart disease, diabetes, cholesterol and even some cancers
Standing and moving improves creativity, energy levels, productivity and focus
Standing up uses 0.7 calories each minute (which can add up if you stand up all the time!)



ACTIVE MOVEMENT

Create an Active Day

Try to reduce the time you sit down with a few simple changes to your daily routine
Watching TV? Stand up when the ads come on
Reading a book? Stand up every 15 minutes
Ringing a friend or loved one? Stand up to call
Making a cup of tea? Walk about as it boils. Do the same when you use the microwave, too
Got some stairs? Climb them once an hour
All together? One of you should stand up at any one time
Got a clock? Stand at 20 past, 20 to and on the hour
Playing computer games? Stand up



Set your self Active Challenges

Stand up for **15 minutes** in one go
Walk **1000 paces** in your house in one day
Stand and sit down **10 times in a row**
Climb **50 stairs** in a day
Morning or afternoon, do not sit down for **more than 20 minutes...**
...or **visit every room** in your home each hour



Active Tidying

Doing things around the home can be very active. Tidying up, washing dishes, making beds, vacuuming are ways of being a bit more active



Active Together

Struggling to get going or be active? Buddy up with friends or colleagues and remind each other each day – or share the exercises below.

Active Exercise – some simple daily movements to try

Sit on an upright chair and then stand and sit down 20 times.
Take one step on a stair or step leading with your left leg 20 times. Then repeat with your right.
Stand with your feet shoulder-wide. Stand on tiptoe, squat down to your heels and stand 15 times.
Walk 200 paces in the house every day (include a walk up the stairs at the same time if you can).
Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight.
Hop 15 times on each leg.
Try some seated exercises - www.nhs.uk/live-well/exercise/sitting-exercises



If you're spending lots of time at home, these are great tips to build more activity into your day
[For more support, visit https://www.publichealthslough.co.uk/campaigns/health-at-home/](https://www.publichealthslough.co.uk/campaigns/health-at-home/)