



Why is physical activity so important for health and wellbeing?

There are so many reasons why regular activity boosts your health. Here's how you can incorporate exercise into your day; whilst you are self-isolating.

We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life?

Exercise and physical activity is:

- **It's a natural mood lifter.**
Regular physical activity can relieve stress, anxiety, depression and anger.
- **It keeps you physically fit and able.**
Without regular activity, your body slowly loses its strength, stamina and ability to function properly. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.
- **It helps keep the doctor away.**
Too much sitting and other sedentary activities can increase your risk of getting much more serious illnesses such as heart disease.

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control

It can help you live longer.








People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. Staying active helps delay or prevent chronic illnesses and diseases.

Here are some other benefits you may get with regular physical activity:

- Boosts your energy level so you can get more done.
- Helps you [manage stress](#) and tension.
- Promotes a positive attitude and outlook.
- Helps you fall asleep faster and sleep more soundly.
- Improves your self-image and self-confidence.
- Provides fun ways to spend time with family, friends and pets.
- Helps you spend more time outdoors or in your community.



Here is a list of health, fitness and exercise apps or websites to help you to stay active at home whilst you are self-isolating:

APP NAME	APP LOGO	APP DESCRIPTION
ACTIVE 10		Active 10 tracks your walking and shows you when to increase your pace to benefit your health. The app is designed to quickly and simply help you do more brisk walking in bursts of ten minutes, known as Active 10s. It tracks all your walking and rewards your progress.
SEVEN – 7 min workout		The 7 Minute Workout app is the #1 fitness app in 127 countries. Become your own personal trainer to lose weight and get fit with fast, simple daily workouts. 12 high intensity bodyweight exercises. 30 seconds per exercise, 10 seconds rest between exercises.
DAILY WORKOUTS FITNESS TRAINER		Your own personal trainer wherever you are! Quick and effective workouts! FEATURES: <ul style="list-style-type: none"> • Ten different 5 to 10 minute targeted workouts • 10 to 30 minute randomized full body workouts • 100+ exercises • Video showing how to do each exercise • On-screen instructions and timer • No internet required to do most workouts
7 MINUTE WORKOUT FOR KIDS		Make Fitness Fun for Stronger, Healthier Kids Through Interval Training The 7-minute workout is based on strong evidence that high-intensity interval training can provide many of the same benefits as longer workouts , but without the same commitment of time.
SWORKIT KIDS		SworKit Kids features workouts that focus on strength, agility, flexibility and balance. Videos show each workout performed by kids. This app offers variety and keeps kids engaged.
GoNoodle KIDS		Designed for classroom use, the GoNoodle Kids app and website have a variety of videos that encourage kids to move, jump, dance and spin. Some videos also have an educational component, such as a song that teaches an exercise concept.
FITIVITY		This is the ultimate training app to develop specific sports skills and conditioning. This app includes Fitvity thousands of exercises and workouts for lots of different sports. This app provides three types of training: <ol style="list-style-type: none"> 1) Try out training programs - each training program is split up into beginner to advanced workouts that include videos, interval timers, and digital trainers to guide you throughout your journey. 2) Fitvity BEATS! Beats is a highly engaging exercise experience that combines mixes by DJ's and super motivating trainers to push you through workouts. 3) Browse through our library of exercises. View our exercises by category, skill level, number of people you are training with, and equipment you have.



WALKR		Walkr uses your phone's accelerometer to detect and record your movements, allowing you to count your daily steps as well as your calorie output. Every step you take not only powers your ship to reach new planets, but also helps you better understand your fitness level and encourages you to stay active!
NIKE TRAINING CLUB		The Nike Training Club App helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC is perfect for training at home, in the gym or on the road, with everything from bodyweight-only to full-equipment workouts for everyone at all fitness levels.
ZOMBIES, RUN		Zombies. There's only one thing you can do: Run! Zombies, Run! is an ultra-immersive running game and audio adventure, co-created with award-winning novelist Naomi Alderman. Every run becomes a mission where you're the hero, with our immersive audio drama putting you at the centre of your very own zombie adventure story.
JUST DANCE NOW		Just Dance Now players dance to music and choreography using a smartphone as a controller and an internet-connected screen, such as a computer or Smart TV. This app will get your kids dancing to over 300 songs. Coins, the in-app currency, are used to play songs and they regenerate over time. There are also in-app purchases available for users that don't want to wait to play.
KIDS FITNESS - YOGA		This free yoga app features 10 poses and an animated character that guides kids through yoga poses. Each pose is illustrated and explained to make following along easier. Kids can reap the benefits of yoga by using this app.
HERIA PRO		Heria.pro app creates, customises and schedules workouts to build muscle, lose fat, and develop technique. Heria.Pro creates workouts catered specifically to you and your fitness needs, utilising an algorithm that learns your preferences and workout style.
THENX		Thenx is designed to teach anyone the secret techniques and knowledge of bodyweight training . These programs have been tested and developed over many years by professional instructors and athletes to provide the most direct and simplistic format to excel in calisthenics fitness and ability.
MAZE WALK VR		A Maze Walk VR takes maze solving to a whole new level by utilizing the gyroscope on your mobile device, so that you can physically walk in both the real and in the virtual world simultaneously.
30 DAY FITNESS		30 Day Fitness Challenge - Workout at Home. Workout at home, suited for anybody at any time. The 30 Day Fit Challenge Workout , designed by a professional fitness coach, and is scientifically proven to help improve fitness and health.
FIIT: WORKOUTS & FITNESS		Cardio studio: High intensity classes to burn fat, tone muscle and build stamina including HIIT, circuits, nonstop and combat cardio. Strength studio: Bodyweight exercises, resistance training, and dumbbell and kettlebell workouts to build and sculpt muscle. Rebalance: Improve flexibility and unwind with yoga, pilates, stretching, mobility flows and breath-work. Essential for balanced training.

EXERCISE@HOME IDEAS



WEB NAME	WEB LINK
The Body Coach – Joe Wicks	https://www.youtube.com/user/thebodycoach1
FitBoost	https://fit.sanfordhealth.org/fit-boost
Fitness Simon	https://drive.google.com/file/d/1pQQedOY7t2Z-oNAPA2XSrl-vlqkx5rB9/view
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga
Dance Moves Challenge	https://sites.google.com/view/dance-move-challenge/home?authuser=1
Themed HITT Brain Boosts	https://www.youtube.com/playlist?list=PL7rY7kSoZW-6w5RQuA9optxmZXTUS4Aa9
Yoga Dice/Coin Activity	https://sites.google.com/view/yogadice/home?authuser=1
Jump Start Johnny	https://www.jumpstartjonny.co.uk/home
FitnessBlender	https://www.youtube.com/user/FitnessBlender
Darebee	https://darebee.com/collections.html
Move to Learn	https://movetolearnms.org/for-the-classroom/
Glenn Higgins Fitness (Fun superhero & themed workouts)	https://www.youtube.com/playlist?list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa
TABATA Workouts	https://www.youtube.com/playlist?list=PLTsRXsTDMYqggORNAjkE6eMs63BOGZeNu
Roll It Fitness (need dice or use virtual dice)	https://www.youtube.com/watch?v=0S6DdV-zaX4&feature=youtu.be
Choose It Fitness (one 6 sided dice needed)	https://www.youtube.com/watch?v=Wo9ZTYL_tM