Here is a range of activity ideas to help you move more at home throughout the day. Start slowly and build up. Try the warm up activities first then find the activities that work best for you and your ability level. To make exercises more challenging, use small weights such as water bottles, lift your knees higher, use your arms and jump or hop.

**Warm up**
To loosen ankles, sit down and alternate between digging your heel and pointing your toe. To loosen shoulders, circle them up to your ears, back and down.

**Have fun being active**
While you’re waiting on your favourite music and dance like no-one’s watching!

**Movements you can do seated or standing**
While you’re watching the kettle to boil why not put on your favourite music and stretch your upper body? Clasp your hands above your head and push upwards, gently bend over to each side to stretch the upper body. You can do this standing or seated.

**Stay strong**
Calf raises can strengthen your legs. Hold on to the back of a chair with your feet flat on the ground. Stand on your tip toes and hold for a few seconds before lowering your heels back down.

**Moving around your home**
Walk around your garden or home while calling a friend. A good chat is great for your mental wellbeing.

If you’ve been sitting for a while and have steps or stairs at home, try walking up and down the stairs or use the bottom stair to step up and down.

If jumping jacks aren’t right for you, try half jacks instead. Step to the side and raise an arm at the same time as the stepping leg.

Gentle stretches are good for relaxation, such as lying on the floor and gently bringing the knees up to the chest. Or sitting on a chair, straighten up your back and gently twist round to one side and hold for a few seconds; repeat on the other side.

If you’ve been sitting for a while and have steps or stairs at home, try walking up and down the stairs or use the bottom stair to step up and down.

**Leg or knee raises**
Can be done standing or sitting. For the leg raise, sit on a chair with both feet on the floor and bring one leg up until it’s level with the floor and then back down again.

**Standing up from sitting**
Keep your chest up. Do this as many times as you can. If you’re feeling comfortable not to use your hands to help you hold a small weight such as a small bag of sugar to your chest for more effort.

**Calf raises**
Can strengthen your legs. Hold on to the back of a chair with your feet flat on the ground. Stand on your tip toes and hold for a few seconds before lowering your heels back down.

**Gentle stretches**
Are good for relaxation, such as lying on the floor and gently bringing the knees up to the chest. Or sitting on a chair, straighten up your back and gently twist round to one side and hold for a few seconds; repeat on the other side.

**Walking around your home**
When moving around your home try marching, lifting your knees up as high as they will go, swing your arms for more effort. If you want more challenge jog on the spot.
REBECCA

Rebecca became depressed after a multiple sclerosis (MS) diagnosis, but she discovered wheelchair dancing and fell in love with it.

Rebecca was training as a physiotherapist when she was diagnosed. As her condition progressed, she found it harder to be active and it was impossible to do her job. Taking up dancing helped her manage the depression that came after, and it became one of the activities she loves most.

For Rebecca, there’s no better way to get moving than dancing at home. She’s able to let loose and have fun with all styles of dance. It’s completely changed her life, and she always feels better afterwards.

DANCING HAS COMPLETELY CHANGED MY LIFE

IAN

By doing strength exercises and Tai Chi at home, Ian can work the day around his COPD and his energy levels.

Keeping active to stay physically healthy and strong is important to Ian. He’s found ways to adjust how he moves while managing his reduced lung capacity. He likes to work out at home, breaking up the activity by doing a few minutes at a time throughout the day, and enjoys relaxing with Tai Chi. Ian says working out at home this way makes him feel like he can move more easily, and that it lifts his mood.

I LIKE TO DO TAI CHI – YOU SWITCH OFF TO EVERYTHING AROUND YOU

MOHAMEN

My Daily Unbreakable

WHAT ARE YOUR GOALS?

THIS WEEK AND THIS MONTH

WHAT DO YOU FEEL NOW?

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO ACHIEVE?

WHAT ARE YOUR REASONS FOR GOING?

WHAT DO YOU WANT TO HELP OTHERS?

WHAT MAKES YOU INTERESTED?

MAKE THIS IS A REMINDER OF

NOW THIS IS A BRIEF REMINDER OF

BUILD MOVEMENT INTO YOUR ROUTINE

These are some ideas that could help you move more.

Find out what works for you.