



Faculty of Sport and Exercise Medicine UK
Excellence in Musculoskeletal Medicine, Exercise Medicine and Team Care

Staying Active at Home

Due to ongoing measures taken to prevent the spread of coronavirus in the UK, many of us are being asked to stay at home and avoid meeting large groups of people in public places.

This is vitally important but the value of physical activity in remaining well, reducing the risk of deconditioning and preventing the worsening of other illnesses that we may have is equally important.

It is important to keep our levels of physical activity up even if we can't get to the gym or sports club.

The public health advice remains:

If you feel well enough you can take part in light exercise within your garden, home or a safe distance from others.

In other words:

- If you feel well - keep active
- If you have a fever or persistent cough or severe fatigue - rest and recover

If you feel well enough walking or running in the fresh air, whilst keeping a safe distance from others, will improve your health and sense of well-being.

The following page contains information on a few simple steps we can all take to stay active at home.

Keep Active – Keep Well

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- **Walking upstairs:** If you have them, a quick trip up and down the stairs can be a great way to get moving
- **Housework:** Put on some music and dance while cleaning
- **Standing to talk on the phone:** Walking around while talking is a great way to be active without even noticing that you're doing it
- **Standing during advert breaks:** Getting up and moving, even for a few minutes, can help avoid sedentary behaviour
- **Gardening** – Get out in the fresh air and get active, while staying in the privacy of your own garden



Our Moving Medicine resource has a number of different booklets which can be used to support those of you who are self-isolating or socially distancing.

- The [Chair Based Exercises booklet](#) details a number of exercises that can be carried out when you are sitting in your armchair
- The [Bed Based Exercise booklet](#) details a number of exercises that can be carried out whilst you are in bed
- The [Standing exercise programme booklet](#) details a number of exercises that can be carried out whilst standing up.
- Creating a [personalised schedule](#) can help people take control and plan when to fit physical activity into the day.

More guidance can be obtained from the Moving Medicine website or the Faculty of Sport and Exercise Medicine.