

Physical Activity and Walking opportunities for Adult and Older Adults

East Renfrewshire Culture and Leisure

ERCL's own instructors are making short videos to keep you connected and active while at home. You can access these from YouTube or Facebook

- <https://m.youtube.com/channel/UC2GijmTg8IfUKKxXv8fDslA>
- www.facebook.com/ERcultureandleisure

If you need any further advice or information, please contact Carolynne McKendry - East Renfrewshire Culture and Leisure's Health and Wellbeing Development Manager

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Paths for All

- Strength and Balance Exercises have been added to YouTube
<https://www.youtube.com/watch?v=2Zplzblmfz0>

The 10 exercises are also available in print form

<https://www.pathsforall.org.uk/mediaLibrary/other/english/printable-pfa-strengthbalance-a4-leaflet.pdf>

- Care about Walking: These resources were initially designed for use in care homes but could be adapted for individual use at home! Participants can record the steps they take around the house to help keep them moving

<https://www.pathsforall.org.uk/resources/resource/care-about-walking-guidance-note>

- Pedometers are still relevant in the home and can be used. They can help to motivate and be accurate about the number of steps we have done. Therefore we can celebrate success and feel encouraged to carry on. Many people will have pedometers/fit bits/phones all devices able to count steps or download apps that can count steps.

You can download a pack for free <https://www.pathsforall.org.uk/resources/resource/12-week-walking-programme>

or order the pedometer packs for £15 on Paths for All website

<https://www.pathsforall.org.uk/mediaLibrary/images/english/pedometer-packs.jpg>

- Top Tips to staying active at home

<https://www.pathsforall.org.uk/lets-walk/tips-and-stories/tip-and-story/keeping-active-at-home>

NHS

The NHS have a variety of videos and resources that you may find useful.

- Home-based strength and cardio workouts for adults:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

- Seated strength and flexibility exercises for adults with mobility issues:

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

- Five-week strength and flex programme:

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

- Home Work Out Videos - 10 minute workouts

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Later Life Training

- Keeping active for older people Later Life Training 'moving more often' have posted 4 new videos x 10 minutes to encourage Older Adults to try short bursts of chair based exercises

Make Movement Your Mission

https://youtu.be/_Sh-UdHsDOU

- Also on line a range of home-based booklets which can be downloaded and printed for free.

<http://www.laterlifetraining.co.uk/llt-home-exercise-booklets/>

Age Scotland

Ideas for moving more and being more active within the house.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/>

British Heart Foundation

Range of resources and video links

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity>

Free workouts online and Tv

Diana Moran on BBC Breakfast at 6.55am and 8.55am on Mondays, Wednesdays and Fridays

The Body Coach TV has designed a specific set of videos for seniors.

<https://www.youtube.com/user/thebodycoach1>

Move it or Loose UK. Motivating people to keep active afternoons every weekday on YouTube

<https://youtu.be/bqr5Wcru9N4>

Online information on <http://www.moveitorlooseit.co.uk/>

10 Today

10 Today involves short ten minute routines to get you stretching and moving, and will be broadcast on the radio and online.

<https://10today.co.uk/>

Walking

The current Government advice is that those not experiencing symptoms, can walk outside for exercise once per day as long as they minimise social contact. For your walk stay local, choose routes from your front door if you can, to avoid non-essential travel. You should try to visit places you know will be quiet, away from possible busy areas. Keep a distance of at least 2 meters from other people.

- Walking in East Renfrewshire 10 Family Walks Booklet

<http://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=4988&p=0>

- Ramblers Medal Route - East Renfrewshire

<https://www.ramblers.org.uk/medalroutes>

- Go Neilston

9 Walks for all abilities

<http://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=15161&p=0>

- East Renfrewshire Cycling Routes

Enjoy 10 routes for cyclists of all abilities

<http://www.eastrenfrewshire.gov.uk/chttphandler.ashx?id=6663&p=0>

- Go Cycling Barrhead and Neilston

<https://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=14172&p=0>

- Daily Mile

An initiative set up to encourage Primary School Children to become more active, increasing their fitness and overall health. For starting some form of light exercise this might be an option to try, on your own or with family members you live with.

- World Walking

In Partnership with East Dunbartonshire Leisure and Culture we have decided to 'walk the world' from the comfort of our own homes. With the World Walking website you can join us with the group 'Walk Well at Home'. Add your daily steps and we can take a virtual tour around the world.

<https://worldwalking.org/> and search for 'WALK WELL AT HOME'

For more information please contact:-

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