



THE PARTICIPATION TEAM

TOP TIPS FOR STAYING PHYSICALLY ACTIVE!

When you're stuck indoors (again!) it's harder to stay fit and active. However, physical exercise is not just good for your body but your mind too! During the first lockdown, the Participation Team tried out lots of resources online and exercised at home. We wanted to share some of our favourites with you.

Have you considered Yoga?

Yoga has loads of benefits for physical and mental health. It can increase flexibility, increase muscle strength, improve your breathing and energy levels and can help improve your heart function. There are lots of videos on YouTube to try!

Younger children might want to try Cosmic Kids Yoga whilst other young people might like Yoga with Adriene, who has a number of videos specifically for teenagers on her channel.

[Click on the link to try Cosmic Kids Yoga](#)

[Click on the link join in with Yoga with Adriene](#)



Virtual PE Lessons!

If you want to get fit in your living room then why not try some of Joe Wick's PE lessons. From Monday 11th January, Joe will be once again streaming live at 9.00am every day. He also has over 300 videos on his YouTube channel with exercises for all age ranges and abilities so you can explore and find the right one for you!

[Click on the link to watch the Joe Wicks YouTube Channel](#)

Get Fit with the NHS

The NHS has loads of workout routines for beginners and those more comfortable with different exercises that you can do from home easily. These range from aerobic exercises to ‘Wake Up, Shake Up’ and to strength and resistance training!

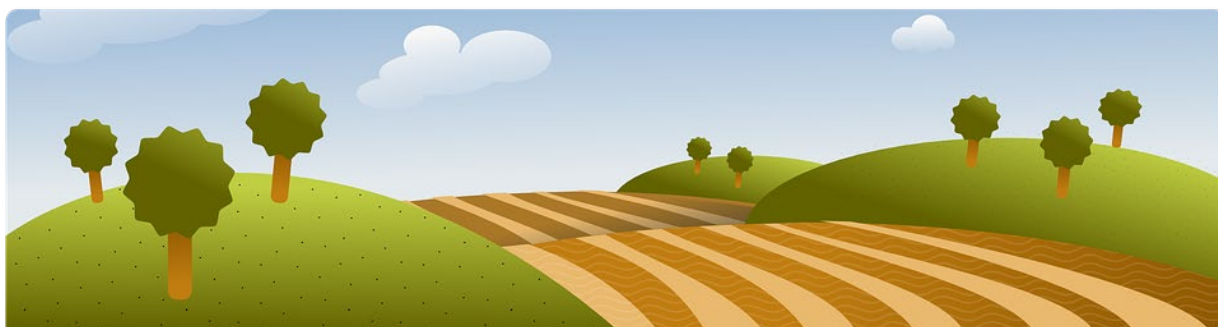
[Click here for the NHS Workout Routines.](#)

Get out in the Garden!

Make use of the equipment you have at home to improve your sports skills. You may have balls, skipping ropes, hoops, beanbags or other equipment! Set yourself challenges to work on each week. How many ‘keepy uppies’ can you do without dropping the ball? How long can you ‘hula hoop’ for without it falling? Or set up a circuit in your garden; each station could be a different exercise like star jumps or running on the spot. You can even improvise...one of our favourites is creating your own mini golf course with ping pong balls and whatever obstacles you find in the house!

Make the Most of the Outdoors!

With Government guidelines still allowing us to leave the house to exercise near our homes why not make the most of it? Now is the perfect time to improve your fitness by running, walking or cycling. Just make sure you are following government advice and your house rules about staying home!



Get in touch:

Why not let us know what you are doing during this lockdown? We’d love to hear about or see some pictures of how you are keeping fit and healthy during lockdown 3!

Contact us by emailing VSK_Participation@kent.gov.uk