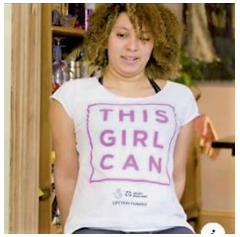
Your Home Activity Guide



THIS GIRL CAN NEWCASTLE

Your guide to staying well and active

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Getting Started

This booklet aims to help women and girls with limited access to online resources to be more active at home and take care of their overall wellbeing.

Five Ways to Wellbeing

It is important for us to take care of our overall wellbeing. There are 5 steps you can take to improve your wellbeing.

Connect. Connect with people around you even if it's at a distance. Building connections and sharing positive experiences will support and enrich your every day life.

Give to others. Do something nice for others. Simple gestures like thanking someone or just smile :) Linking yourself and your happiness to others can be incredibaly rewarding, creating connections with those around you.

Take Notice. Notice and catch sight of the beautiful. Be aware of the world around you and what you are feeling. It helps you to appreciate what matters - positively changing how you feel about life and how you approach challenges.

Keep Learning. You don't have to be good at it, but simply taking up and learning something new will help boost your confidence and build a sense of purpose. Try out new recipes, puzzles, crafts or grow a plant.

Be Active. Moving more not only helps you feel good physically, it also improves your mood; helping you get a better night's sleep and keep your spirits up. Discover activities you enjoy and ones that suit your ability.

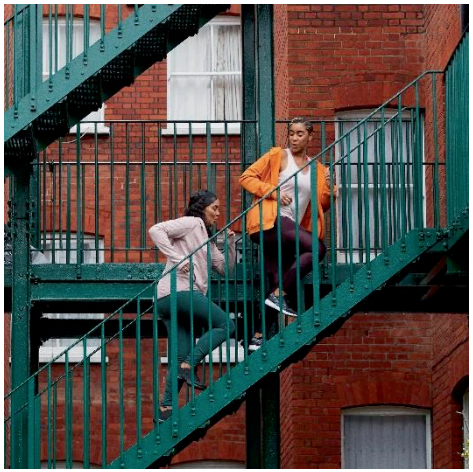
We should all try to **move more regularly** and **find ways to fit activity into our daily routine**.

Regardless of age, it is important to keep yourself healthy and active as it helps take care of our physical and mental wellbeing.

What does it mean to be active?

We are advised to aim for "150 minutes of moderate intensity activity per week…", but have you ever wondered what that is all about? Don't worry, you are not alone.

Allow us to break it down for you 😊



How can I become more active?

Start small – take baby steps.

If you are completely new, start with 30 seconds of activity and gradually work your way up to 1, 5, 10 minutes and so on.

Did you know - you can break down your activity times into smaller chunks (e.g. 10 minutes) and it still counts toward "being active"?

It can be anything - whatever the activity is - housework, gardening, taking the stairs, playing with your kids, walking etc., do it until you feel a bit warm and puffed out and that is your "moderate intensity"!

As well as activities that makes you breathe a little harder, **try to also include activities that improve your muscle strength and balance**; build up to do this type of exercises for at least twice a week, helping you stay strong and steady! If you are not sure what these exercises are, not to worry - we have included easy-to-follow exercise plans in this booklet.

How do I fit activity into my daily routine?

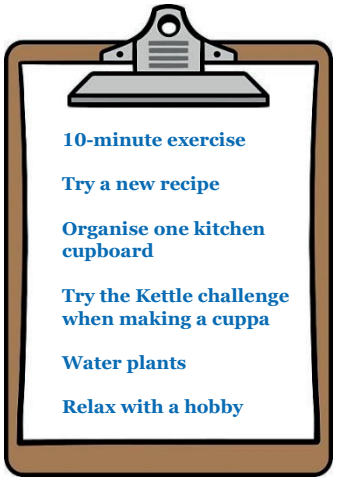


Find what is right for you and make activity work for you, not the other way around!

This could be as simple as doing a boogie while watching the telly, going up and down the stairs, walking a little faster each time when you go for your daily walk, or even getting down and dirty on the kitchen floor doing sit-ups while you wait for the kettle to boil!

Our **This Girl Can - Fit Got Real** campaign celebrates the amazing, creative and unconventional ways REAL women and girls fit activity into their lives. We believe there is no right way to get active - if it gets your heart rate up (feeling a bit puffed out) it counts!

What is your own unique way of being more active?



Plan your day – setting yourself simple tasks and realistic goals each day can help you feel organised and remind you to keep moving throughout the day too!

Don't forget, doing something relaxing and enjoyable can also do wonders for your mind and body. Whether it's making that phone call to a friend for a natter, taking up a hobby, doing simple stretches or even just nipping out for a bit of fresh air - they are all equally important too!

Need more inspiration? Our local women have shared their stories with us - read on to see how and why they are staying active, the challenges they have faced and their determination to overcome it.

My Story

My name is Eileen and I work for the NHS with veterans with complex mental health challenges. I find exercising daily really helps me to maintain a good work life balance.

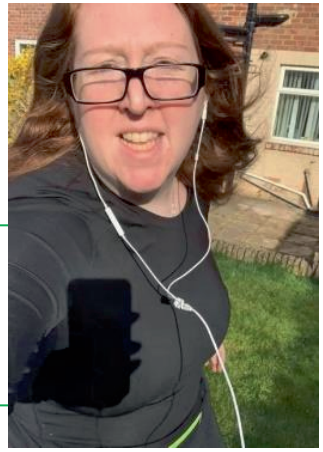
I started the Couch to 5K programme not long ago and although I've lived near Leazes Park and Town Moor for 17 years, I've only visited the parks a handful of times. I am keen to go out for my one hour a day exercise as I have a place on the Great North Run. I am also enjoying the beautiful weather and being more active.





I'm Sue and I do Zumba in my kitchen to stay active. It's a bit cramped but I am determined to make the space I have work. I'm doing this as it makes me feel really great after!

I'm Kate and I've signed up to run 90 miles in my garden and it has been going well. I've enjoyed running since all my events have been cancelled and I'm not stopping ☺



My Story

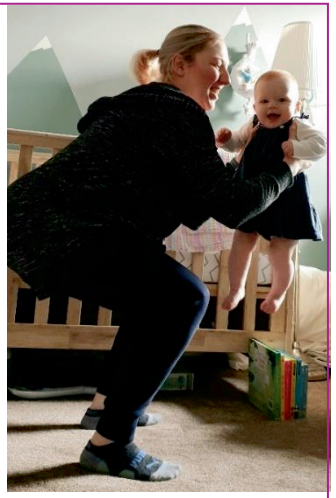


My name is Claudia and I am a single parent. In the past year and 4 months, I have lost nearly 4 and a half stone.

Each day I do some home exercises with my daughter Evie. We also go outside for our daily exercise. I run and Evie rides her bike - little Dougie loves chilling in his buggy taking in the scenes.

Being active is not only great for you physically, but mentally too.

My name is Kathie and I'm a new mum with a 7-month-old baby, Riley. I used to be fairly active but finding the time and energy to be active again has been a challenge - between feeding, naps, changing and the far too often sleepless nights, it seems impossible!



I realised I needed to adapt activity to fit my lifestyle, so I started including Riley in my simple exercise and stretching routine during her play time whenever I could. Not only did I get to play and bond with her, I felt really good about myself after too!

I can't do the exercise routine for very long, but Riley is my little motivator –when she smiles at me, giggles and makes funny noises, that just makes me want to keep going!

Everybody starts somewhere and you might fail from time to time, but that's okay as nobody is perfect. Just keep trying and you will get there.

Home Exercise Plans

We have provided you with a few simple workout plans you can incorporate into your daily routine to help you keep moving.

Things to note before you start

SAFETY: Most people can exercise without needing to speak to their GP first. However, if you are unsure, have a medical condition that is not under control or you are showing symptoms - please consult your GP before starting.

Create a safe environment

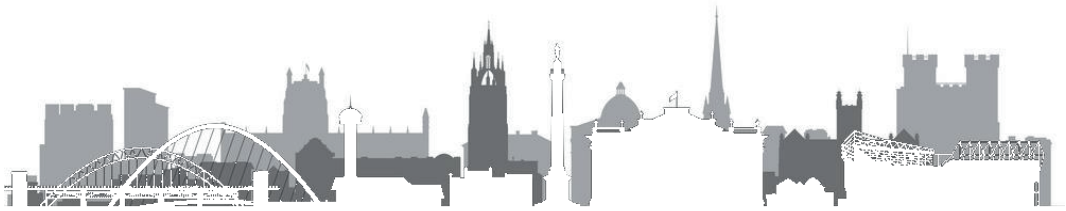
Make sure you clear a space for activity to avoid any trip hazards. Check equipment (chair / table) is sturdy if you are using it. Wear comfortable clothing and fitting footwear. Have a phone close by if you are exercising on your own. Have some water ready for you to sip during exercise.

Working at your level

Be mindful of your body and own ability - start easy aiming for realistic and gradual progression to avoid any injuries. Make sure to take breaks when you need it. If you experience pain or discomfort during any of the exercises, please stop immediately.

What to expect after a workout

It is common for muscles to feel a bit sore or stiff for a few days after exercise, this is called Delayed Onset of Muscle Soreness (DOMS). This is the body's natural response in recovery to repair and build stronger muscles.



Warm Up

Always warm up before exercising, it helps prepare our body for activity. Here is a simple warm-up routine you can follow. Do it until you feel warmer and breathing a little harder (3-5 minutes) then you are ready to start!



Marching

March on the spot and include arms if able. You can also do this seated in a chair or use chair / wall as support for balance. Pick it up to jogging on the spot if able.



Arms lifts and rotations with side steps

Stepping side to side and lift both arms up to your sides and down, then rotate arms forward and backward in a circular motion. This can be also be done seated in chair. If unable to lift your arms high, then do smaller movements that are comfortable for you.

Cool Down

After a great workout, take some deep breaths and do gentle movements (e.g. arm swings, side-to-side steps) to bring down your heart rate. Then stretch off – here is a simple stretching guide.



Hamstring Stretch

Extend one leg forward and lean forward placing hands on bent leg for support or use a wall / chair for balance. You should feel the stretch on the back muscles of your extended leg. This can also be done seated in a chair. Hold each leg for 20 seconds.



Chest Opener

Bring both arms behind you to open up chest. Hold for 20 seconds.

Strength & Balance

Here is a simple set of 6 exercises designed by experts at the Chartered Society of Physiotherapy to help with your strength and balance. Aim to do this routine 2-3 times per week, progressing gradually to daily.



Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair.

Repeat 10 times or to your own ability and gradually progress.

Heel Raises

Stand tall, holding the back of a sturdy kitchen type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control.

Repeat 10 times or to your own ability and gradually progress.





Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control.

Repeat 10 times or to your own ability and gradually progress.



One Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds.

Repeat on the other leg.

Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart and place the other foot in front.

Balance for 10 seconds or to your own ability and gradually progress.





Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action.

Take the feet back to hip width apart, turn around and repeat the steps in the other direction.

Yoga

Try our Yoga series to help wake up, stretch your body and relax your mind. Do this any time in the day and as many times as you like. Transition gently with control from each pose. Maintain deep breathing throughout exercise and hold each pose for 2 - 5 deep breaths. Perform series 2- 5 times or to your ability.



1. **Mountain** - Stand tall with good posture, feet hip-width apart gazing ahead. Tighten your core muscles (trunk area muscles), keep this engagement throughout this series.

2. **Upward Lift** – Lift arms above head, avoid over-arching lower back.

3. **Forward Bend** – Fold forward at the hips, keep legs bent if you have muscle tightness on the back of your legs.

4. **Half Forward Bend** – Lift halfway and keep back neutral in line with neck.

5. Step one foot back then the other into 5(a) **Knee Plank** (easier version) or 5(b) **Plank**. If you are unable to get onto the floor, skip this pose and go straight into pose 9, 10 and 11.

6. Move back into **Box / All Fours**, keep back neutral in line with neck.

7. Sit back into 7(a) **Child Pose** or if able, lift bottom up into 7(b) **Downward Facing Dog** into a triangle shape, feet hip-width or wider, distributing weight evenly between hands and feet. Bend at your knees if you have tight back leg muscles.

8. Step forward into **Half Forward Bend** (as per 4.)

9. Fold into **Forward Bend** (as per 3.)

10. Roll up slowly from bottom to top into **Upward Lift** (as per 2.)

11. Return to **Mountain** (as per 1.) Repeat series.

TIP: Use a sturdy chair placed in front of you as support during the poses. If you are getting onto the floor, place a folded towel or cushion under your knees.

Seated Exercise

Aerobic chair-based routine to get your heart rate up. Perform 30 seconds for each exercise, rest 1 minute in between, repeat set 2-3 times. Adjust times and sets according to your ability.



Chair Marching

Lift one foot at a time and include arms if able.



Chair Jacks

Spread both arms and legs wide and back to sitting – or do it one leg and arm at a time.

Chair Chest



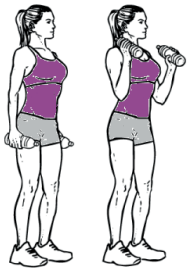
Open chest with arms to sides at 90 degrees angle, shoulder height. Close arms bringing it to front of face.

Upper Body Strength

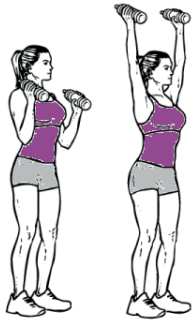
Here is an upper body strengthening workout plan. Use tin foods or filled water bottles as weights - control weight by increasing or reducing water levels. **These exercises can also be done without weights or seated in a chair.**

Perform each exercise for 30 seconds, rest 1 minute in between and repeat set for 2-3 times. Adjust the times and sets to your own ability. Remember to breathe and tighten your trunk muscles (core) throughout the exercises.

1. Bicep Curls



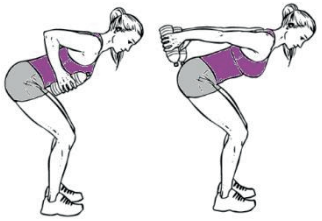
Stand tall, feet shoulder-width apart. Arms by your side with palms facing in toward body. Keep elbows close to sides, curl water bottles up until they are level with your shoulders. Do not swing. Tighten bicep (front upper arm muscle) and hold for one count. Slowly lower to starting position. Repeat.



2. Shoulder Press

Stand tall, feet shoulder-width apart. Extend arms straight up, hold for one count, tightening your shoulder muscles without shrugging. Slowly return to the starting position, repeat.

3. Triceps Extension



Get into position – stand tall, feet shoulder-width apart and keep chest open, then bend forward at the hips with knees bent while keeping your back flat in line with neck. Once your upper body is set, bring your upper arms to your sides (this is starting position). Begin by extending forearms back and pause for a count tightening your triceps (upper back arm muscle). Slowly return by bending at elbows to starting position - repeat.

Cardio and Lower Body Strength

Here is a routine that is aerobic to improve stamina and strengthen your leg muscles. Perform each exercise for 30 seconds, rest 1 minute in between and repeat set for 2-3 times. Adjust the times and sets to your own ability. Remember to breathe and tighten your trunk muscles (core) throughout the exercises.

Heel Kicks



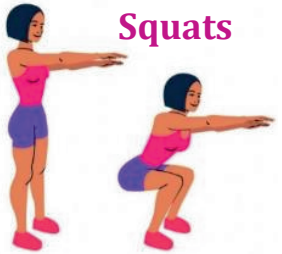
Feet shoulder-width apart, kick your heel up towards your bottom.

Lunges



Feet hip-width, step one foot forward and lower body by bending both knees while keeping body upright. Front knee should not go past toes. Step front foot back into standing. Repeat on the other side. Can use chair or wall for balance.

Squats



Feet shoulder-width, toes slightly turned out, gazing forward. Slowly bend at the knees and sit your bottom back (like you would when sitting back into a chair) bending at the hips to lower body to a comfortable degree, but no further than knee line. Keep heels flat on the floor. Bring arms out in front if able.

Jacks



Feet hip-width, jump and spread your legs landing softly wider than shoulder-width, taking your arms above at the same time. Can't jump? Sidestep one leg and lift one arm to the side and step back to centre. Repeat the other side.

Mini Challenges

A couple of fun challenges you can try at home to keep yourself moving.



The Kettle Challenge

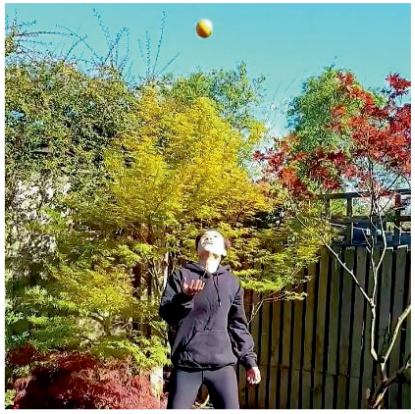
Fill kettle to any level. **Pop the kettle on** and **away you go** with your chosen activity – it can be anything from juggling to dancing. Get creative 😉

Keep going until the water is boiled.

The Keepy-Up Challenge

The **aim is to keep any object up in the air** for as long as you can - use any equipment or body part to hit, bounce, or to catch and throw.

Whichever way you do it, **use your imagination** and make the challenge your own!





Get Moving a Little

Sitting all day can leave you feeling stiff. Take some time throughout the day to do a little moving, stretching and shaking - **this simple 3-minute routine will help.**



1. Palms together, fingers pointing up, push hands down.

10 seconds



2. Palms together, fingers pointing down, pull hands up.

10 seconds



3. Hands together, fingers interlaced, extend arms with palms reaching forward.

10-20 seconds



5. Arms above head, grab hold of opposite elbows lean side to side.

8-10 seconds each side



6. Fingers interlaced, pull arms over head with palms reaching up.

10-15 seconds



4. Arms behind back, grab wrist with opposite hand and pull while gently tilting head to side. Reverse and repeat.

10-12 seconds each side



8. Sit down, place hands on lower back for support, gently lean back.

10-15 seconds



10. Arms at sides, shake hands out.

8-10 seconds



7. Arms at sides, roll shoulders up and back.

3-5 seconds, 3 times



9. Cross one leg over another, take opposite arm to knee, twist towards open side.

8-10 seconds each side

Getting Up After a Fall

If you should fall, lie still for a minute – stay calm and check for any injuries. If you are unhurt and think you can get up, follow these steps (rest up between each one if needed).



Roll onto your side
Roll onto your side, then push up on elbows.

Use your arms
Use your arms to push yourself on to your hands and knees.

Crawl to a stable item
Crawl to a very stable piece of furniture (your sturdy chair or bed) and hold on to it for support.



Slide or raise the foot
Slide or raise the foot of your stronger leg forwards so it's flat on the floor.

Lean forwards
Lean forwards and push up using your arms and front leg, slowly rising to a standing position.

Sit down
Turn around and sit down for a for a few minutes to rest.

TIP: If you cannot get on all fours, bottom-shuffle or roll to a low surface like the bottom stair or sofa. Sit with your back to it, put your arms behind you on to the surface and push up with your hands and feet, lifting your bottom onto surface. If using stairs, go up to next step before standing up. **Tell your carer or healthcare professional that you have fallen, even if you are unhurt.**

Useful Phone Numbers

Here is a list of contacts for **helpline support services** if you need extra support.

NHS 111

Call 111 or 111.nhs.uk

If you have concerns about your health.

Citylife Line Newcastle

Call 0191 277 8000

Supporting our most vulnerable residents with any care needs.

The Samaritans

Call 0330 094 5717

If you want to talk to someone about your concerns, worries or troubles.

Age UK

Call 0800 678 1602

Provides information and advice for older people.

Citizens Advice Newcastle

Call 0300 330 9055

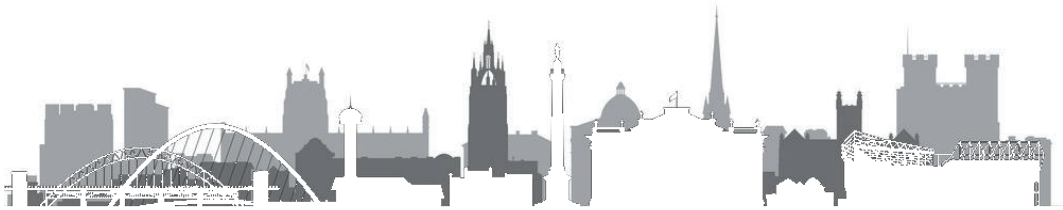
Provides advice and support for a wide range of issues.

Newcastle Women's Aid

Call 0800 923 2622 or

0191 261 0504

Domestic abuse helpline offering advice and support for Newcastle women and children.



Who we are

This Girl Can Newcastle is co-ordinated by Active Newcastle and is part of the national This Girl Can campaign developed by Sport England.

This Girl Can Newcastle is a campaign that celebrates our local women and girls getting active their way - whatever that may look like.

Our **Fit Got Real** campaign highlights this and celebrates the creative ways women and girls adapt activity to fit into their lives.

This booklet aims to help women and girls with limited access to online resources to be more active at home. It provides **inspiration, tips and guidance on how to be active and take care of our overall wellbeing**, along with providing **trusted information and helpline contacts.**

Contact Us

Email: **thisgirlcan@newcastle.gov.uk**

This Girl Can Newcastle

