

## Five top tips for increasing the physical activity in your day

1. **Start small and build back slowly** – perhaps pick up an activity you used to enjoy, and maybe invite a friend to do it with you. Join a local club or volunteer and this will help you move more regularly.
2. **Try active travel** - if you are able to walk or cycle some or all of your journey, get off the bus one stop earlier, or park further away from your work or destination.
3. **Conquer those stairs** – try using stairs more often in a day, either by avoiding using the lift or the escalator when out or at work, or at home carrying less upstairs in one go and split it into a couple of visits upstairs in a day.
4. **Build strength training into your everyday activities** - activities that make your muscles feel warmer or tense will help strengthen them and we need strong muscles to continue to live independently, get out of the bath, get up those stairs and move about the house. Try slowly getting up and sitting down 10 times in a row or treat yourself to some ankle or wrist weights.
5. **Find a better balance** - making sure you are near a solid support, stand on one leg while you are cleaning your teeth or waiting for the kettle to boil, stand with your feet close together or toe to heel while having that telephone conversation, or have a dance to that favourite tune – all of these will help you feel more stable when walking and doing other activities.

If you are finding it difficult to be more active and to follow the advice in this resource, please consider talking to someone to get the help you need. Find out who your local council health and wellbeing coordinator is or contact your GP practice to access support from a social prescriber or a physiotherapist.

Act now: sit less, move more

### Online links to further advice and support

<https://www.nhs.uk/better-health/get-active/> - Tools, apps and tips to move more every day

<https://bit.ly/3G6hy68> - Active at Home Booklet to download

<https://bit.ly/3lrT27p> - Keeping Well This Winter booklet to download

<https://bit.ly/3ou6b1f> - Movement Snacks online (10-15 minutes of a mix of seated and standing movements) and on Facebook live at 8am, noon and 4pm daily

<https://www.bbc.co.uk/programmes/p087wddm> - 10 today (10 mins of activity to tune in to any time of day)

<https://www.youtube.com/c/WeAreUndefeatable> - A series of online workouts to suit different levels of fitness

<https://fallsassistant.org.uk/> - If you have had a fall or are worried about falls

# Have you noticed yourself having less energy since the pandemic started?

TAKE ACTION TO BUILD UP YOUR STRENGTH AND BALANCE AND RECONDITION

FOR MEMBERS OF THE PUBLIC

## NFPCG

National Falls Prevention Coordination Group  
Empowering local communities to prevent falls



It's been tough living through the pandemic. You may have noticed that your energy levels and stamina are lower, that some everyday tasks feel a bit harder, or that moving around takes more effort and you need longer to recover afterwards



## You are not alone!

Many people reduced their physical activity when the pandemic started, mostly due to shielding, changes in routines, social restrictions and working from home. Since restrictions have lifted, without even knowing it, many of us are still less active. This will have led to a reduction in your fitness and ability to recover after physical activity; and may have impacted on your mood, confidence and wellbeing. This is sometimes referred to as “deconditioning”, and can happen when we become less active, less mobile, on a daily basis.

A lack of movement over time makes it harder to get out of your armchair, those stairs seem steeper, bending or lifting seems harder and the less you move, the less you feel like moving.

## Being more active, one step at a time

It is possible to recondition your body, just like a car that's been sat for a while. Whatever your age, moving more and sitting less is good for you. It can make both your body and your mind feel and perform better. Any activity that gets your heart beating a bit faster, such as faster walking or cycling helps energy levels. You don't need to buy special equipment, it can be as simple as putting on your shoes and going for a walk.

## Did you know walking briskly, even for one minute, counts as exercise?

Using those stairs more often, getting up and walking about every hour, dancing to your favourite tunes all count as activity. You can build up to other activities such as yoga, golf, walking football or other sports that can help your strength, endurance and balance. These can help us feel more stable and confident to continue doing those everyday things that matter to us.

Being more active daily can help you feel better, have more energy to work or to play with your grandchildren, continue caring for others, or return to your favourite hobby! Here are our top tips:

