

Exercising well at home



Our day-to-day routines and schedules play a huge role in determining when we exercise and what we do. Right now there is major disruption to everyone's daily routine. Take a moment to think about how you can incorporate exercise into your new lifestyle.

Here are some points to consider to maintain consistency in your exercise routine while at home more than usual.

1. Focus

Think about what your outcome or focus is. It might be to:

- Stay healthy
- Have a strong immune system
- Maintain muscle mass
- Stay well mentally

This motivation will help drive you to stick to your plan.

2. Plan

Have a daily plan of what you would like to achieve for the day. It may be:

- Aiming for a set amount of push ups/squats etc. through the day (for example 5 sets of 5-20 push ups)
- Getting outside for a walk, jog or cycle
- Doing a 10 minute workout through the day incorporating some of the exercises in this fact sheet.

3. Structure

For best results, be consistent. Aim for a little bit of movement every day. Before the next day, set out the times when you will exercise. An example of a plan is doing a couple exercises every 2 hours at 9.00am, 11am, 1pm, 3pm & 5pm.

Another example of an exercise plan is using the numbers of your D.O.B that correspond with the numbered exercises in this fact sheet to choose your workout of the day. Then use your partner or kid's birthday the following days.

You can chose the following intensities:

Easy: 30sec on / 15sec off

Medium: 45sec on / 15sec off

Hard: 50sec on / 10sec off

4. Tips

- Schedule workout appointments. Make time for working out like you would if you were going to work.
- Put a reminder in your phone at the times you plan to exercise
- Prioritise outdoor time – try getting your family involved

PRIORITISE THE FOLLOWING TO KEEP HEALTHY:

- Include lots of vegetables, fibre and wholegrains in your diet
- Reduce highly processed and high sugar foods
- Prioritise sleep as much as possible
- Keep up regular physical activity
- Minimise alcohol intake
- Manage your stress through doing activities you enjoy, practising meditation or breathing exercises

TRY THESE APPS FOR EXERCISE IDEAS:

- 7 minute workout
- Nike Run Club
- Couch to 5km

FOR PERSONALISED ADVICE AND SUPPORT:



Get Healthy Information & Coaching Service

For free NSW Health telephone-based coaching on healthy eating and other lifestyle goals go to: gethealthynsw.com.au

Speak to your **General Practitioner** to make a plan for support, including referral to an Exercise Physiologist.



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- ❑ If you're working from home, exercise during your lunch break to break up your day – even a 15 minute walk is beneficial and better than nothi
 - ❑ Use the 50:10 rule: for every 50 minutes of work, schedule in 10 minutes of movement. Walk, take the stairs a few times, stretch, bodyweight exercises
 - ❑ Follow our home desk stretching program (scan the QR code)
 - ❑ Use household items for resistance training:
 - Fill empty milk containers with water or sand
 - Use household bricks or paint tins
 - Fill a backpack with water bottles
 - Use chairs for step-ups or triceps dips
 - Outdoor courtyards, backyards or garages can be used for short sprints, walking lunges, and shuttle runs
- Alternatively, invest in home exercise equipment for simple strengthening exercises

Scan the QR code below to view home desk stretching program that requires no equipment. Video instruction provided in the app.

au.physiapp.com

PhysiApp code: **pfzshvd**



5. Below are some exercises you can try at home:

Click on the photos below to view a video demonstration

1. Squats



2. Step ups



3. Standing knee to elbow



4. Lunges



5. Tricep dips



6. Plank



7. Side Plank



8. Glute Bridges



9. Push up



10. Calf Raises

