

Stay Home Stay Safe Stay Active In Redbourn

How to keep physically and mentally well while self-isolating



SEE INSIDE
Advice on stay-at-home
exercises and
mental wellbeing
from the
Active in Redbourn Team



Redbourn Parish Council



STAY SAFE, STAY HOME, STAY ACTIVE IN REDBOURN

The Government controls for tackling coronavirus have placed severe restrictions on our daily life. In particular, we have to stay at home limiting our ability to exercise.

Nevertheless, with these restrictions we should keep as active and healthy as possible. At home, keep physically strong – or begin a workout routine – by taking advantage of all the internet has to offer. You can download workout apps on your smartphone, pop in a workout DVD or join in an activity class on YouTube.

The Stay-at-Home Exercises have been included especially for people that have no access to the internet and need a printed copy of the NHS advice.

Active in Redbourn (AIR) is a constituted community group of volunteers established in February 2019. AIR is dedicated to making Redbourn the healthiest village in Hertfordshire - particularly at this difficult time. We have produced this booklet in collaboration with Redbourn Care Group, the local Coronavirus Volunteers and Redbourn Parish Council.



HM Government

Coronavirus (COVID-19): what you need to do

- **Stay at home.**
- **Only go outside for food, health reasons or work (but only if you cannot work from home).**
- **If you go out, stay 2 metres (6ft) away from other people at all times.**
- **Wash your hands as soon as you get home.**
- **Do not meet others, even friends or family.**
- **You can spread the virus even if you don't have symptoms.**

Active In Redbourn

email: info@activeinredbourn.co.uk

www.activeinredbourn.co.uk



STAY AT HOME EXERCISES

The following simple exercises are recommended by the NHS. They are designed to improve your flexibility, strength and balance. They can be easily done in the comfort of your own home. All you will need is loose comfortable clothing, a stable chair and water to keep you hydrated. Please exercise at a safe and comfortable level for you, never push into pain, and if in doubt or new to exercise, please do check with your GP first. If required, you can download pdf files at www.nhs.uk - search for Exercises for Older People.

FLEXIBILITY EXERCISES

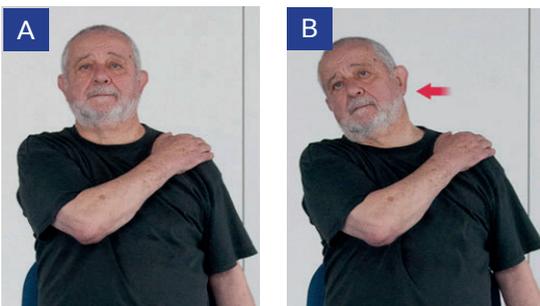
Flexibility exercises, also known as stretching, are a great way to get the body's joints and muscles ready for the day. It is recommended performing these exercises every morning to get the body moving.

Neck Rotation



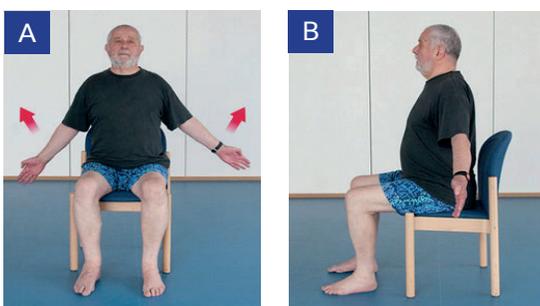
A) Sitting up tall, head up, chin tucked in, shoulders back and down. B) Slowly turn and look to your right, hold for 5 seconds, then return to the start position. C) Rest for a few seconds and then repeat on the left side. Repeat 3 times left and right.

Neck Stretch



A) Sit up tall, look straight ahead. Hold your left shoulder down with your right hand. B) Slowly tilt your ear towards your right shoulder and hold for 5 seconds. Rest for a few seconds and then repeat on the opposite side. Repeat 3 times left and right. After doing these 2 stretches, try slowly and gently circling the head clockwise then anticlockwise, 2-3 times.

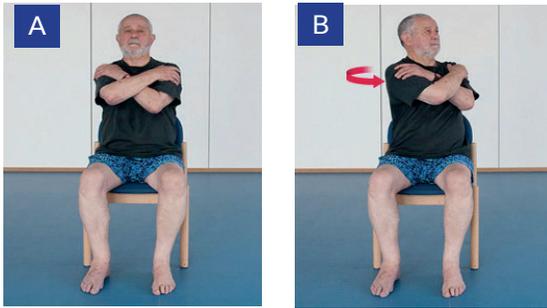
Chest Stretch



A) Sit up tall with your back away from the chair, pull your shoulders back and down whilst extending the arms out to the sides.

B) Gently push your chest forwards and upwards, to feel the stretch. Hold for 5 seconds. Rest and then repeat up to 5 times.

Upper Back



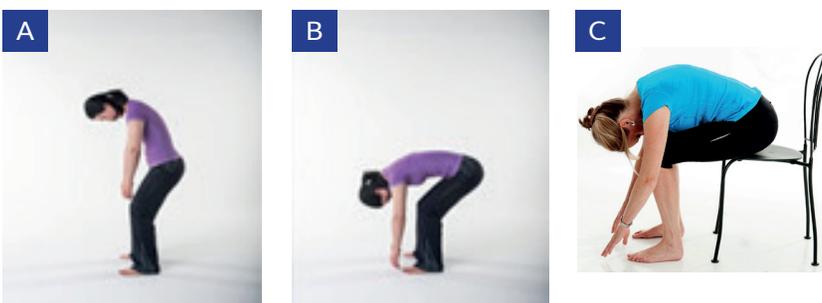
A) Sit up tall with your feet flat to the floor, cross your arm, hands on shoulders.
B) Turn your upper body to the left, feel the stretch and hold for 5 seconds.
Repeat on the right side. Rest and then repeat up to 5 times each side.

Side Bend



A) Stand up tall, feet hip distance apart, arms by your sides. B) Slide your left arm down your left side as far as you are comfortably able. You should feel a stretch on your right side. Hold for 5 seconds. Repeat on the right side. Rest and then repeat up to 5 times each side.

Roll Down



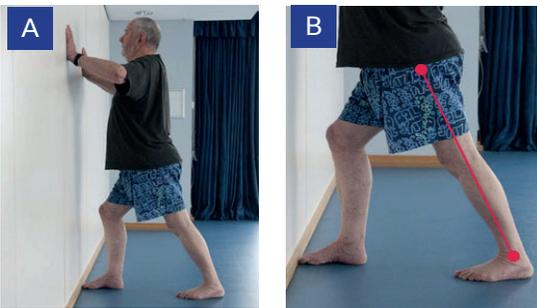
This exercise can be done from sitting or standing. A) Sit or stand tall to begin, B) & C) Then slowly and gently roll down forwards to try to touch your toes. Hold for 5 seconds, and then slowly return to the start position.

Hip Circles



Stand tall, feet hip distance apart. Place hands on the hips, keep shoulders back and down. Slowly and gently circle the hips and pelvis clockwise 5 times, and then change direction to circle anti-clockwise. Initially, start with a small circle, but gradually increase the size of the circle to progress the stretch.

Calf Stretch

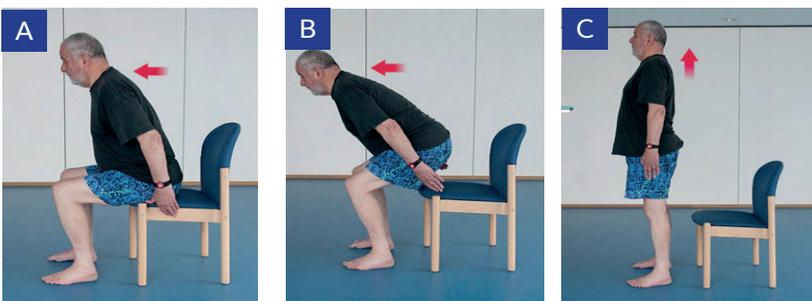


A) Place hands on the wall for stability. Bend the forward right leg, step the left leg back, keeping the leg straight and the heel flat to the floor B) lean forwards to feel the stretch in the calf. Hold for at least 5 seconds. Repeat on the right side. Rest and then repeat up to 5 times each side.

STRENGTH EXERCISES

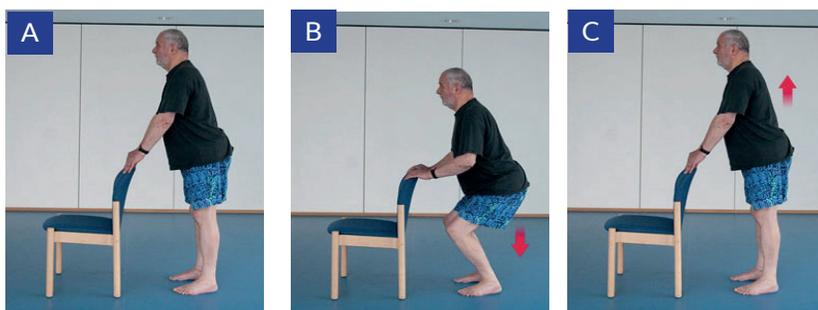
Strength exercises are crucial for maintaining the body's muscle mass. They have also been proven to help reduce the symptoms of chronic health conditions such as osteoarthritis, diabetes, obesity, back pain and depression, to name just a few. Initially, try these exercises 2-3 times a week, gradually building up the number of repetitions of each exercise over time as you get stronger. Please note: it is not unusual for your muscles to feel achy for a day or two when starting new exercises like these.

Sit to Stand



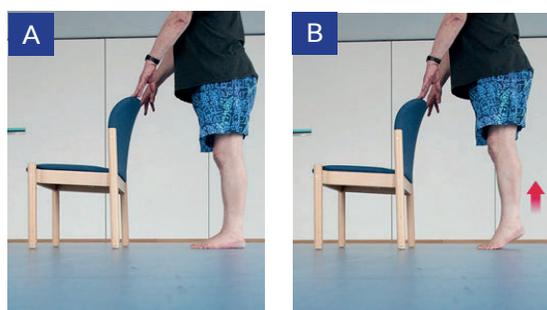
A) Sit towards the edge of your chair, feet hip distance apart. B) Lean slightly forwards to initiate the movement, and then C) Stand up slowly with control. Aim to use your legs NOT your arms to stand up tall. Keep looking forwards, do not look down. Then slowly, with control, lower yourself to sit down. DO NOT flop into the chair. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Mini Squats



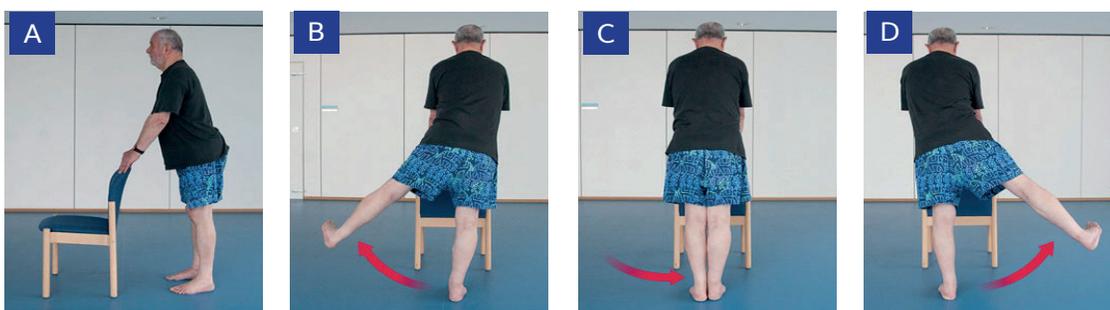
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. B) Slowly bend the knees as far as is comfortable, whilst also keeping the heels on the ground. Aim to get the knees over the toes. Keep the back straight and stay looking forwards. C) Gently come back up into standing, squeezing your buttock and thigh muscles as you go. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Calf Raises



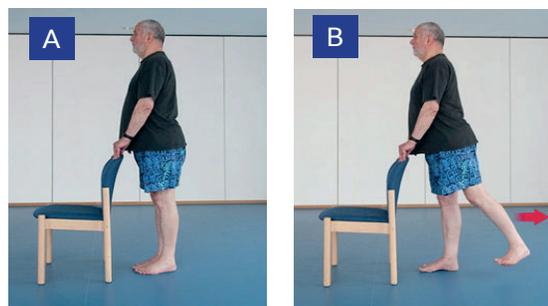
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. Keep the back straight and stay looking forwards. B) Slowly and with control, rise up onto your toes, lifting the heels off the floor as far as comfortable, then slowly lower. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Side Leg Lifts



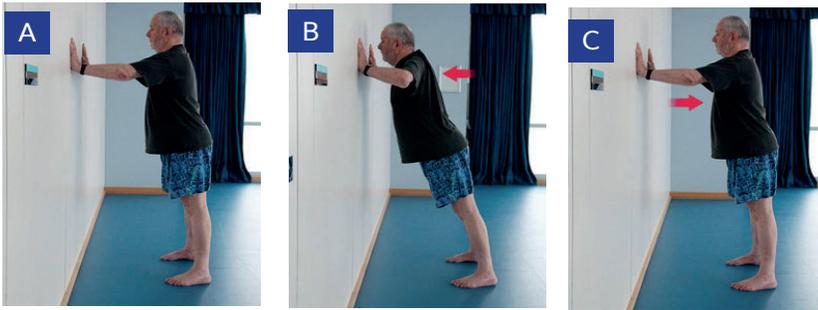
A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. Keep the back straight and stay looking forwards. B) Raise your left leg out to the side as far as comfortably possible, avoid tilting to the right. C) Slowly lower with control. D) Raise your right leg out to the side as far as comfortably possible, avoid tilting to the left. Aim for 5-10 repetitions, before swapping over and repeating on the right side. Aim to increase the number of repetitions as your muscles get stronger.

Leg Extensions



A) Rest your hands on the back of the chair for support. Stand tall, feet hip distance apart. B) Squeeze your buttock muscles to take the left leg backwards, keeping it straight and then slowly lower with control. Avoid leaning forwards or arching your back. Aim for 5-10 repetitions, before swapping over and repeating on the right side. Aim to increase the number of repetitions as your muscles get stronger.

Wall Press-up



A) Stand up tall, arm's length from the wall. Place your hands flat to the wall, fingers pointing upwards. B) Keeping your back straight, slowly bend your arms, keeping your elbows by your side. C) Aim to close the gap between you and the wall as much as you can. Slowly return to the start position. Start with 5-10 repetitions, and increase this as your muscles get stronger.

Bicep Curls

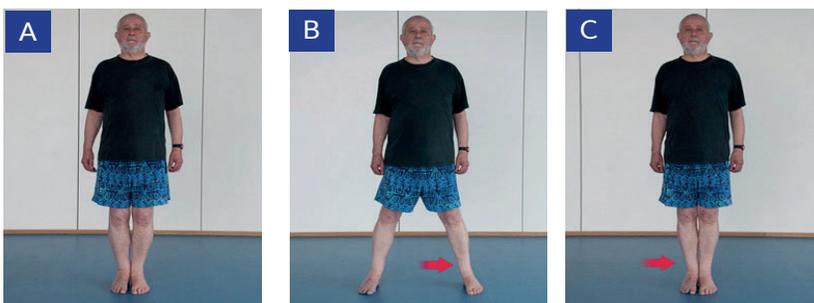


A) Stand tall, feet hip distance apart, keep head up and shoulders back. Hold a pair of light weights – tins of beans or filled water bottles will do! B) Keep your arms by your sides, slowly bend the elbows until the weight in your hands reaches your shoulders, and C) Then slowly lower with control. Start with 5-10 repetitions, and increase this as your muscles get stronger. *This exercise can also be done sitting*

BALANCING EXERCISES

As we get older our balance declines, the good news is that this can be offset and improved by performing regular balance exercises. Initially, try these exercises 2-3 times a week, perhaps on the days you are not performing the strength exercises. Aim to build up the number of repetitions of each exercise over time as your balance improves.

Side Stepping



A) Stand tall, feet together, knees slightly bent. B) Step sideways in a slow controlled manner, moving one foot to the side first C) then the other to join it. Keep the head up, shoulders back and bottom tucked in. Avoid dropping and tilting the hips. Perform 10 steps each way, or step to each side of the room.

Grapevine



This exercise involves walking sideways by crossing one foot over the other. A) Stand tall feet together to start. Cross your right foot over the left, B) then bring your left foot to join it. Hold onto a wall or worktop for support if needed. Attempt 5 cross steps each side. The smaller the step, the more you challenge your balance. As your balance and confidence improves, aim to perform the exercises without support.

Tightrope Walk



Stand tall, head up shoulders back, look forward and avoid looking down. A) Place the heel of the left foot directly in front of the toes on the right foot. B) Then do the same with the right foot – as if walking on a tightrope. Hold onto a wall or worktop for support if needed. Try to perform at least 5 steps, and gradually increase as able. As your balance and confidence improves, aim to perform the exercise without support.

One Leg Stand



A) Start by standing with your arms outstretched, gently holding on to a wall or worktop for support. B) Lift your left leg, have a slight bend in the right knee. Keep your hips level and bottom tucked in. Hold for 5-10 seconds, and then gently lower the left foot back to the floor. Swap and repeat on the right leg. Aim to perform 3-5 repetitions on each leg. As your balance and confidence improves, aim to perform the exercise without support.

Step Ups



Use a step, preferably near a railing or wall for support.

A) Step up with your right leg. B) Bring your left leg up to join it. C) Step down again, one leg at a time, to return to the start position. The key to building balance is to step up and down slowly, in a controlled manner. Perform up to 10 steps with each leg. As your balance and confidence improves, aim to perform the exercise without support from one side of the room to the other.

These exercises have kindly been contributed by Sarah Parr, Extended Scope Practitioner and Chartered Physiotherapist working with West Hertfordshire NHS Trust.

MENTAL HEALTH & WELLBEING

Public Health England (PHE) has recognised that “social distancing” can make people “feel low, worried or have problems sleeping”.

PHE encourages people to engage with activities you enjoy. This can range from reading books, cooking mouth-watering food, watching TV, listening to music and gardening. All these steps help to manage your mental wellbeing.

The NHS recommends drinking eight

glasses of water each day – and this includes water in tea, coffee and squash. To keep your body moving take a walk but avoid any close contact with others - you must be two metres (around 6 feet) apart.

Some people may want to have an alcoholic beverage. The NHS guidelines have drinking limits to ensure you’re not putting your health at risk. In one week, the NHS recommends limiting alcohol to 14 units and to spread your drinking over three days or more.

A State of Wellbeing

Mental health has been defined by the World Health Organisation as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

The Coronavirus pandemic means “the normal stresses of life” have become more challenging. You may find you are more anxious or stressed than normal, and your ability to cope may feel out of your control. Here are a few strategies you may find helpful to regain some balance in your life:

Exercise

Exercise, either outdoors or indoors, will improve your mental wellbeing. It creates chemical changes in your brain which can help to change your mood positively.

Connecting with others

It’s good to talk! Good relationships are important for your mental wellbeing. They

can help you build a sense of belonging and self-worth. They give you an opportunity to share experiences (good or bad) and an opportunity to both provide and receive emotional support. So pick up the phone, call, text, Facetime or use group chat apps if you have them – don’t feel alone during this period of social isolation.

Mindfulness

Paying attention to the present moment, also known as “mindfulness”, can improve your mental health and wellbeing. So much so, that mindfulness has now been recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression. Mindfulness is about being in the moment, being aware of your thoughts, feelings, body and the world around you, in an attempt to help you enjoy life more and understand yourself better.

Give Mindfulness a Go:

Find a relaxed comfortable position, consciously notice and then relax your body’s muscles, tune into and relax your breathing, and then become conscious of

yourself and your surroundings . . .

- What can you hear? Birds in the trees?
- What can you smell? Freshly cut grass?
- What can you feel? Aches or pains?

Acknowledge these things and these thoughts but don't focus on them, let them go . . . If your mind wanders, acknowledge the thoughts, but again don't focus on them, come back to and be in the moment. Try this for 5 minutes daily.

Breathing

Breathing is a necessity of life that usually occurs subconsciously. Improper breathing can alter your body's oxygen exchange, and as a result, can contribute to stress, anxiety, panic attacks, fatigue and other physical and emotional distress.

Practising breathing in a relaxed manner has been proven to have a positive impact on mental health and wellbeing.

Give Breathing a Go:

Find a relaxed, comfortable position, let your breath flow as deeply as comfortable into your belly without forcing it, try breathing in a relaxed manner and count from 1 to 5. Then without pausing or holding your breath, let your breath flow out gently, counting from 1 to 5 again. Try doing this for up to 5 minutes daily.

More tips on Breathing

Would you like to know what you can do to improve the quality of your breathing and be fitter and safer?

Breathe in and out through your nose; that's what it is for. It cleans, hydrates and warms the air we breathe, plus it adds vital nitric oxide to improve air flow and destroy some unwanted invaders. If nose breathing isn't easy, just give it a go gently, be kind to yourself and take it slowly, it needs practice

and like many others, you may have been a mouth breather for decades.

As you *nose breathe*, breathe gently, slowly and deeply into the base of your lungs, right down into your belly which you will find moves your diaphragm, massages your internal organs, generating a feeling of relaxation.

Learn to keep your mouth shut when not eating or speaking, most people have no need for more oxygen in their lungs, but we need to trap carbon dioxide to help shift that oxygen into every cell in our body. When you are talking, slow down and leave short gaps where you can *nose breathe*. The extra benefit is that it also gives the audience time to process what you have said.

You can increase your nitric oxide generation by humming whilst you are nose breathing and creating gaps after your out-breath. It is nature's way to clean your breath and your airways. With humming and chanting you may even notice tingling/movement in your nasal cavity. Avoid ingesting smoke and vaping.

This information supplied on breathing supplied by Olive Hickmott, Health and Learning Coach

Hopefully, you will find that practising both mindfulness and breathing helps restore a feeling of calm in these uncertain times.

Get Fit, Feel Good, Make Friends

Become Active In Redbourn

Formed in February 2019, Active in Redbourn (AIR) is a not-for-profit constituted community group whose aim is to develop better physical and mental well-being for all Redbourn residents.

We do this by:

- Promoting existing activities
- Participating in associated local events
- Raising funds for specific projects

Are You
Already
Active?

Do You
Want To Be
More Active?

Would You
Like To Run
An Event ?

You will find more information on our web site. For AIR support send us an email and we can have a friendly chat. We are looking for new people to join our exciting group, help with the events and encourage Redbourn residents to become active.

Look out for our regular events

Health Walks along the Redbourn Mile - Redbourn Fun Run – Fête du Velo -
Mystery sponsorship extravaganza – Conkerthon



Water Fountains for Redbourn

A major AIR project is to install two substantial water fountains conveniently sited on the Common and in the High Street. A recent fund raising AIR quiz night collected over £2000 seed money for this project. If you would like to donate to this project send us an email for a friendly chat.

Active In Redbourn
email: info@activeinredbourn.co.uk
www.activeinredbourn.co.uk



Help and support for the Redbourn Community



Redbourn Care Group

If you are self-isolating, Redbourn Care Group (RCG) in conjunction with Redbourn Coronavirus Volunteers (RCV) can help with:

- Doing essential shopping and delivering it.
- Posting mail.
- Collecting urgent supplies, for example from the chemist.
- A friendly phone call.

If you need other types of help please do contact the number below as the Care Group may be able to signpost you to other organisations who can provide assistance. Telephone 01582 794550 This number is staffed every day from 10a.m. to 4p.m. or

email us at info@redbourncaregroup.co.uk.

Newsletter



The RCG and RCV are setting up a regular newsletter which will be circulated in the community. Issue 1 will focus on local shopping, grocery deliveries to Redbourn, takeaways and garden deliveries. Issue 2 will focus on keeping busy and resources for all ages during this period of staying at home. The Directory will be posted on the RCG website (www.redbourncaregroup.co.uk) with a list of local/regional/national charities and organisations offering support.

Sources of advice on mental and physical health	
	Mind St Albans 01727 865070 www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
	Age UK 01707 323272 www.ageuk.org.uk/Hertfordshire info@ageukherts.org.uk
Mindfulness and breathing to help stress	
	www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/
	www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/
Other sources of help and advice	
	Citizens Advice St Albans 01727 811118 + 03444 111444 www.castad.org.uk
	Hertfordshire County Council 0300 123 7577 + 0300 123 4044 surveys.hertfordshire.gov.uk/s/coronavirussupport/