

Please stay 2 metres apart

SAVE LIVES

2 metres (6ft or 3 steps)



Coronavirus - COVID-19
Stay at home. Protect the
NHS. Save lives!

healthwatch
Brighton and Hove

Coronavirus (Covid-19)

Information and advice on how to stay physically active indoors and how to look after your mental health

This information has been collated by Healthwatch from various sources. There are many others which are available online. Should you have any questions, or would like to add services not covered in this briefing, please contact us by email:

office@healthwatchbrightonandhove.co.uk



A wide range of tips, advice and guidance on how to keep or get active in and around your home can be found [here](#)

You can also use #StayInWorkOut to share how you're getting active during this time.



[24 instructor-led videos](#) including aerobics exercise, strength and resistance, and Pilates and yoga

With the kids



[Kids workouts to do at home](#)

[Disney dance-alongs](#)

[Indoor activities for kids](#)

[Cosmic kids yoga](#)

[Exercise and your child with SEND during lock-down](#)

Older Adults



[10-minute workouts](#)

[Move it or lose out \(improve balance and stability\)](#)

[NHS sitting exercises](#)



Pregnant women [NHS exercise in pregnancy](#)



[How to get active, as well as pelvic floor workout](#)

**If you have a
disability or
long-term health
condition**



[Parasport are routinely producing home workout routines especially designed for disabled people](#)

[Workouts designed by the MS Society for different levels of mobility](#)

[Audio workouts, both live and on demand, for people with visual impairments](#)

[A variety of exercises for those with long term health conditions](#)



[Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)

[Every Mind Matters: how to look after your mental wellbeing while staying at home](#)

[Every Mind Matters sleep page](#)

Easy-read: [Things to do if you are staying at home](#)