



Active at Home

with Active Norfolk



Top tips to be more active in your home

Give yourself a physical and mental break during the coronavirus pandemic

- Try not to sit down for long stretches of time. Aim to have a break and get moving every 20 minutes
- Make everyday activities count – doing the laundry, hoovering, and tidying are all great ways to be active!
- Do some simple stretches or squats while you wait for the kettle to boil – use a chair or bench for support
- Do sofa or chair exercises during your favourite TV programme
- Build your strength by watering your garden or house plants, weeding, or pushing a wheelbarrow



For more resources and ideas to help you be active at home visit
www.activenorfolk.org/active-at-home