

WEEKLY BULLETIN – BEING ACTIVE MATTERS

Tips for Staying Active and Informed (07/04/2020)

Out & About

REMEMBER -YOU SHOULD ONLY LEAVE HOME FOR ONE OF THE FOUR REASONS GIVEN UNDER THE RESTRICTIONS ISSUED ON MONDAY 23RD MARCH 2020. YOU SHOULD MINIMISE THE AMOUNT OF TIME SPENT OUTSIDE OF YOUR HOME AND KEEP TWO METRES (6FT) AWAY FROM PEOPLE YOU DON'T LIVE WITH

You can view local beauty spots in the county thanks to 10 webcam views from across Northumberland – and a little bit further field. It all helps to bring the outdoors into homes during lockdown.

Look at these local webcam pictures and find links to their websites:

<https://www.google.com/amp/s/www.northumberlandgazette.co.uk/news/people/how-you-can-view-local-beauty-spots-your-own-home-thanks-10-webcams-2529750%3famp>

Getting Active

REMEMBER – YOU CAN TAKE EXERCISE ONCE A DAY – BUT EITHER ALONE OR WITH OTHER HOUSEHOLD MEMBERS (FOLLOW SOCIAL DISTANCING RULES)

Active Northumberland

See their range of free home work out sessions.

www.activenorthumberland.org.uk

Northumberland Sport

@NldSport

www.northumberlandsport.co.uk

Look here for advice and resources on 'How to be active at home' (most of these are featured within this bulletin)

National Health Service

The NHS have some really good equipment-free workouts for all levels on ability on their website. You'll find illustrated guides designed to make workouts effective and easy to follow. Well worth looking at.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

Sport England

'Join the Movement' campaign is headed by Sport England and is aimed at keeping the nation active. There is lots of information and content on their website:

<https://www.sportengland.org/stayinworkout>

IMPT:

Sport England have just announced a major support package for the for the sport and activity sector:

[_https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus.](https://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus)

Amongst other things it includes a £20 million Community Emergency Fund which is open now for for clubs and community organisations to bid into. Grants between £300 and £10,000 are available.

Nuffield Health

Features a wide range of online videos to encourage adults to be more active. Videos range from high intensity workouts to workouts for all abilities. See YouTube.

An excellent resource.

Ramblers

The Ramblers have launched a new campaign: #RoamSweetHome

https://www.ramblers.org.uk/go-walking/roam-sweet-home?mc_cid=8975260d38&mc_eid=71e23aa235d

This will inspire you to continue roaming close to home and to also connect with those further afield.

Chris Helmsworth

See 'Centr' app

For Older People

FITISM TO LIVE

A Facebook group with free live workouts streamed for those aged over 70. Every week day at 2.30pm.

The Body Coach

Joe Wicks has also created a library of 10 minute workout videos for older people (again see YouTube).

Make Movement Your Mission

Later Life Training have set up this Facebook group with free live workouts every day at 8.00am, 12:00 noon and 4.00pm. They specialise in physical activity for older people.

Sport England

Sport England have just launched 10 Today with the BBC aimed at older people. This is on BBC sounds or on Radio 5 live:

<https://www.sportengland.org/news/10-today-help-older-people-stay-active>

For Children

Nuffield Health

Visit their YouTube channel for workout videos specifically aimed at children.

Youth Sport Trust

Free resources including videos on encouraging activity play.

Create Development

Features a range of digital and physical resources for families.

Change 4 Life & Disney

These two organisations have teamed up to offer Shake Up Games inspired by some family favourite films. These 10 minute bursts of fun are great for young children.

Joe Wicks

As featured in previous bulletins. See the Body Coach TV YouTube channel.

Please note that the information within this bulletin is subject to change. Without prejudice to the generality of the content, TMN, MHM and the Being Active Matters Volunteer Coordinator do not represent, warrant, undertake or guarantee that the information in this bulletin is correct, accurate or non-misleading.