

# Active at Home

How to stay active in and around  
the home with a health condition.



proudly  
supporting

**WE ARE  
UNDEFEATABLE**



## Being active is good for your body and your mind.



For many people, being active isn't always easy. And for those with a health condition, it's easy to think that becoming active sounds too difficult.

In this booklet we'll show how you can build movement into your life in a few easy steps.

Being active is safe for most of us. Still, if you're not active now, it's best to slowly ease into it and choose activities you enjoy. If you're not sure about getting started, have a chat with your healthcare team or GP.



**of activity can help you feel good**

## Being active has many benefits

How can being active help you?



Keep your spirits up

Have more energy



Improve your sleep

Stay independent



Stay at a healthy weight

Prevent many health conditions from worsening



Strengthens muscles, bones and reduces risk of falls

Help with healthy digestion



Reduce risk of heart attack, stroke, diabetes and some cancers

# Activity can mean a lot of things

What type of movement will you choose today?



Chair based activities

Gardening



Housework

Taking the stairs



Stretching

Walking



Bowls

Tai Chi



Yoga

Dance



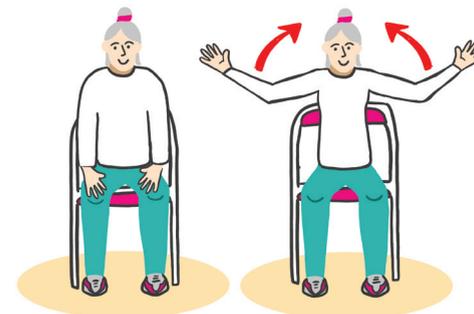
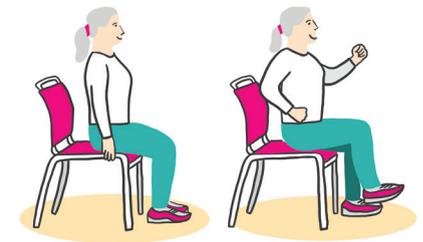
## Advice

It's best to start slowly and build up. We recommend doing 10 minutes activity each day. Then work up to 30 minutes of activity 2 or 3 times a week. If you are comfortable with the suggested amounts of activity in this booklet, you can do more repetitions of each movement or if you're sitting, try them standing using your chair for support.

## Six simple movements you can do at home

### 1. Marching (sitting or standing)

Sit tall at the front half of your chair. Slowly march on the spot, gradually lifting the knees higher. You can add your arms in too if comfortable. Complete 2 sets of 30 seconds with (15 second) rest in between.



### 2. Arm raise (sitting or standing)

Sit tall at the front half of your chair. Raise your arms out to the side and above your head, then slowly lower back down. Start with 3-5 repetitions then build up to 10.

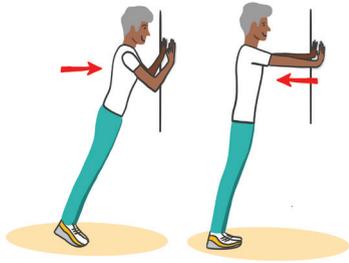
### 3. Heel lifts (sitting or standing)

Sit tall at the front half of your chair. Push up onto your toes, then slowly lower back down. Start with 3-5 repetitions then build up to 10.



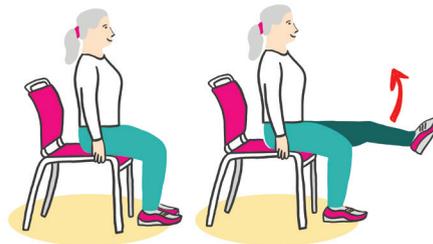
### 4. Wall press ups standing

Slowly bend both arms so that your nose moves closer to the wall. Slowly push back into a standing position. Start with 3-5 repetitions then build up to 10.



### 5. Leg extensions

Sit tall on the front half of your chair. Straighten out one leg in front of you, then lower slowly back down. Start with 3-5 repetitions for each leg then build up to 10.



### 6. Cool down stretches (sitting or standing)

Stretch chest out for 20 seconds.  
Hold hamstring stretch for 20 seconds.  
Take 3 deep breaths and exhale.



## Small changes can make us feel better

### It's never too late to quit smoking

The benefits of quitting are immediate: food tastes better, breathing is easier and you'll have more energy.

For free, local help to quit smoking, call **0800 061 4212** or visit [www.smokefreeliverpool.co.uk](http://www.smokefreeliverpool.co.uk)



### Reduce the amount of alcohol you drink

It can help you to manage your weight, give you more energy, lift your mood and sleep better.

For personalised tips and advice on reducing your drinking, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)



### Eat healthy foods

Eating well can give you more energy, help to manage your weight and make you feel good.

For healthy recipes on any budget, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)



### Manage your blood pressure

One in four adults don't know they have high blood pressure - check your blood pressure with your GP. If your blood pressure is high, there's a lot you can do to lower it and the risk of developing diseases or illnesses. Being active, eating less salt and managing weight are just some of the things that can help.

For tips and advice, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)



For further advice on how to take up these activities or for advice on being active, please call the Physical Activity Team on **0151 233 6366**.

### Be mindful about how you are feeling

Small changes can really boost your mood, such as telling someone how you are feeling or connecting with family, friends or neighbours. And there's help at the end of a phone if you need it. **See the back page for information.**



## Fit for Me

For advice, stories of local people and ideas to get active go to [www.fitforme.info](http://www.fitforme.info) or call 0151 233 6366

## Free local services that can help

### Smokefree Liverpool

Free, local service for anyone ready to quit smoking. Online or on the phone.

[www.smokefreeliverpool.co.uk](http://www.smokefreeliverpool.co.uk)

0800 061 4212

Monday to Friday 9.30am - 5pm

### We Are With You

A confidential drug and alcohol recovery service for adults aged 18+ with addictions, offering treatment and recovery support.

[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)



Supported by



**It's okay to feel worried, angry, sad or confused at times.**

Asking for help can make a huge difference.

We've made it easier for you to get the support you need.

Learn more at:

[www.LiveYourLifeWell.info](http://www.LiveYourLifeWell.info)

### When you need a quick pick-me-up

#### Public Health Liverpool

[www.liveyourlifewell.info](http://www.liveyourlifewell.info)

Tips, advice and support to improve mental and physical wellbeing.



### When you need help and support

If you are feeling anxious or depressed over a prolonged period of time or obsessive behaviours are impacting on your life it's important to know that you are not alone and there are professionals in Liverpool that can help you.

#### Talk Liverpool

0151 228 2300

Monday to Friday 8am - 6pm

A free NHS service.



### When talking it through can really help

You may be feeling isolated, lonely, distressed, anxious or concerned about things like money, housing or employment. There are friendly professionals on the end of a phone. As the saying goes a trouble shared is a trouble halved.

#### The Samaritans

Freephone 24/7 on 116 123

#### The Life Rooms

0151 478 6556

Monday to Friday 9am - 5pm



If you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. There's help available to you 24/7.

**Call NHS Merseycare  
on 0151 296 7200**