



Liverpool
City Council

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supporting

**WE ARE
UNDEFEATABLE**



Active at Home

How to stay fit and healthy at home
with a health condition



Easy
Read

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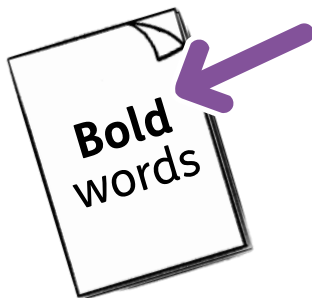
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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after we have used them.

Introduction



Liverpool
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This is information about **being active** from Liverpool City Council and the NHS.

Being active means moving your body and getting exercise.



We will tell you about some easy ways you can make being active part of your daily life.



It can be easy to think that being active is too difficult.



But 10 minutes of activity can help you feel good.



If you are not sure about getting started, you can talk to your GP (doctor).

Why you should try to be active

Being active can help you in many ways, like:



- Being happier.



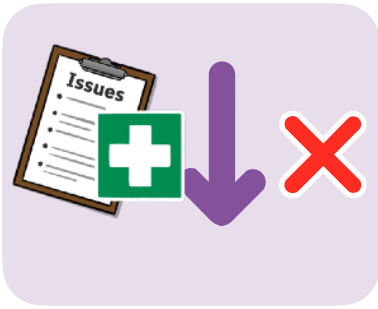
- Having more energy.



- Sleeping better.



- Being a healthy weight.



- Stopping health problems getting worse.



- Lowering the chance of having a fall.



- Lowering the chance of having a heart attack and other diseases like cancer.

Being active

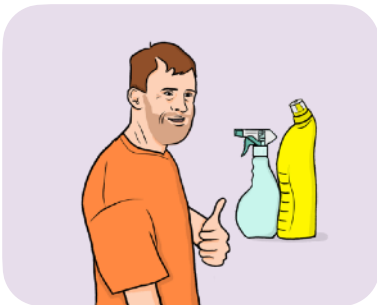
Being active can mean a lot of different things, including:



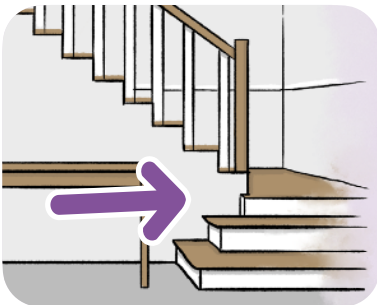
- Doing activities while you are sitting in a chair.



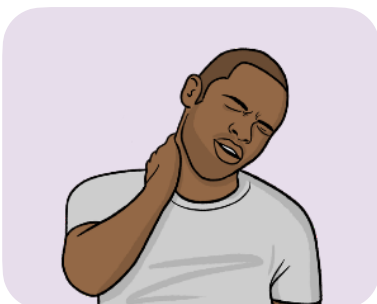
- Gardening.



- Doing housework, like cleaning.



- Using the stairs.



- Stretching and yoga.

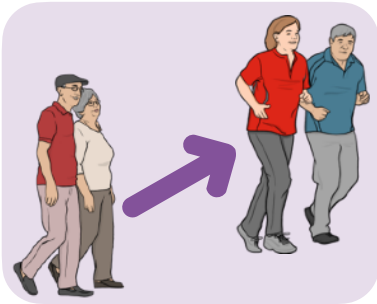


- Walking.



- Dancing.

Start being active



Start slowly and build up to being more active.



Start by trying to do 10 minutes a day and then work up to 30 minutes.



We will tell you some easy exercises you can do to get started.

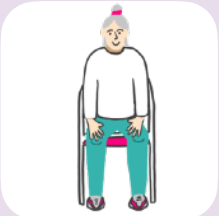
Six simple exercises you can do at home

1. Marching (sitting or standing):

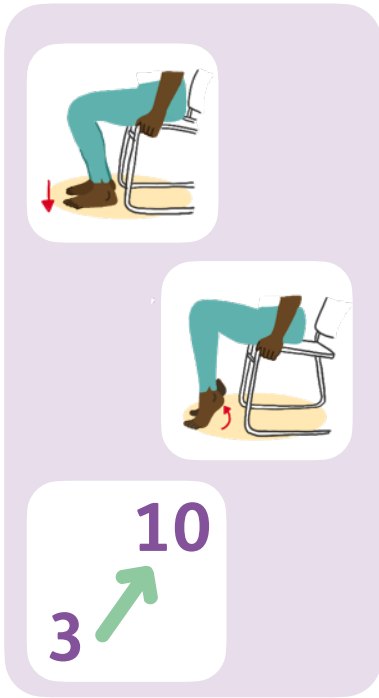


- Sit tall on the the front half of your chair.
- Slowly march on the spot - lift one leg up and put it down then the other leg up and down.
- Try to do this for 30 seconds two times with a 15 second rest in between.

2. Arm raise (sitting or standing):

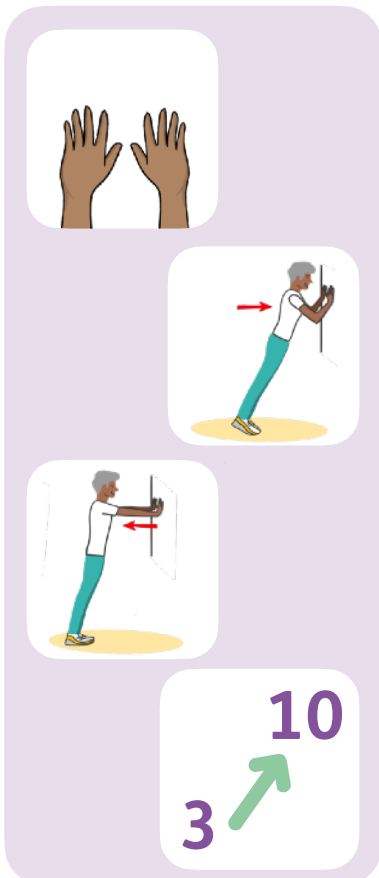


- Sit tall on the front half of your chair.
- Raise your arms out to the side and then above your head then slowly lower them back down.
- Try to do this 3 to 5 times and then build up to doing it 10 times when you feel able to.



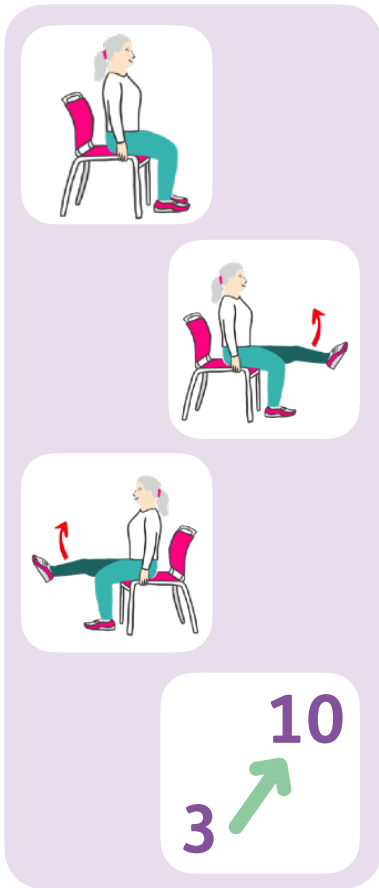
3. Heel lifts (sitting or standing):

- Sit tall on the front half of your chair.
- Push your heels up until you are on your toes then slowly lower back down.
- Try to do this 3 to 5 times and then build up to doing it 10 times when you feel able to.



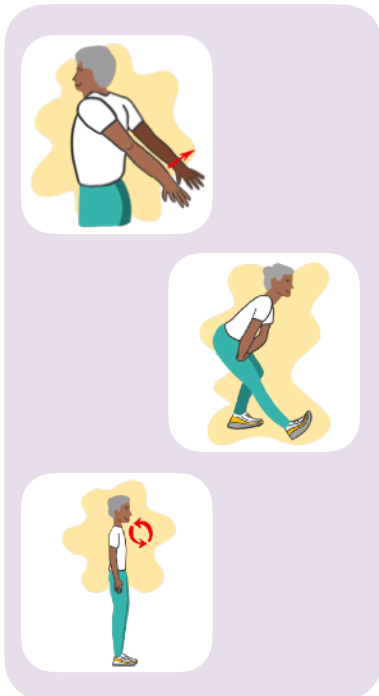
4. Wall press ups standing:

- Put your arms out straight and rest your hands on a wall in front of you.
- Slowly bend both arms so that your nose moves closer to the wall.
- Then slowly push back so you are standing up.
- Try to do this 3 to 5 times and then build up to doing it 10 times when you feel able to.



5. Leg extensions

- Sit tall on the front half of your chair.
- Straighten one leg out in front of you then lower it slowly back down.
- Do the same with the other leg.
- Try to do this 3 to 5 times and then build up to doing it 10 times when you feel able to.



6. Cool down stretches

- Pull your arms behind you and push out your chest for 20 seconds.
- Put one leg in front of you, point your toe upwards and lean forward for 20 seconds.
- Take a deep breath in and a deep breath out 3 times.

Other things you can do to be healthier

You can do these things to help yourself to be healthier.



1. Stop smoking

For free help to stop smoking, call 0800 061 4212 or go to: www.smokefreeliverpool.co.uk



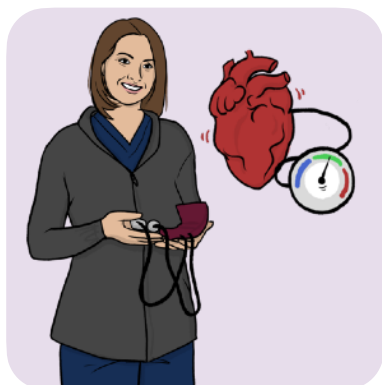
2. Drink less alcohol

This can give you more energy and make you feel better. Find out more at: www.liveyourlifewell.info



3. Eat healthy foods

For healthy recipes, go to: www.liveyourlifewell.info



4. Know your blood pressure

Some useful information about blood pressure and tips for lowering it can be found by following this link: www.liveyourlifewell.info/what-is-blood-pressure

Be kind to your mind



It is okay to feel worried, angry, sad or confused at times.



Asking for help can make a huge difference.



Here are some organisations that can help you with the support you need:

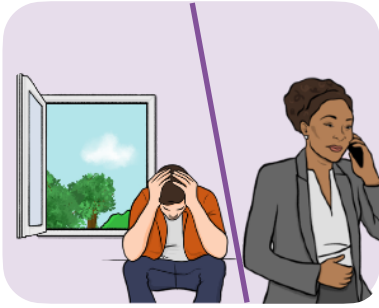
- For tips and advice about how to have good mental health, go to: www.kindtoyourmindliverpool.co.uk/



- If you need to talk to someone because you are feeling low or depressed, call Talk Liverpool on 0151 228 2300 (Monday to Friday, 8am to 6pm).



- If life is feeling like it is too much you can call The Samaritans on 116 123 (24 hours a day) or The Life Rooms on 0151 478 6556 (Monday to Friday, 9am to 5pm).



If you are thinking about harming or killing yourself, you must talk to someone.

If you are over 18 contact Mersey Care by:

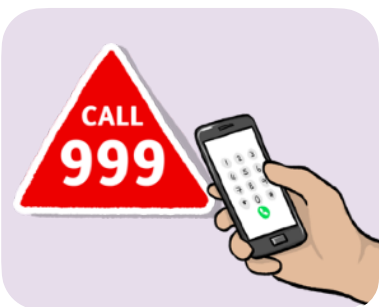


- Freephone: 0800 145 6570.
- Texting HEAL to 85258.

If you are under 18 contact Alder Hey Crisis care by:



- Freephone: 0808 196 3550.
- Texting GREEN to 85258.



If you feel you need help right now, call 999 or go to A&E if you can.

For more information



You can look at our website here:
www.fitforme.info



If you need more information please
contact us by:

- Phone or text: 07702 899 833

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