



Active at Home

How to stay active safely
in and around the home.



proudly
supporting

**WE ARE
UNDEFEATABLE**



Being active is good for your body and your mind. The positive effects can be immediate.



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

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



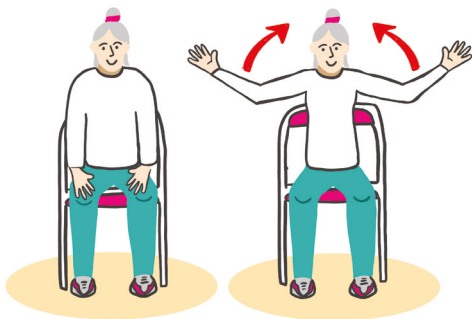
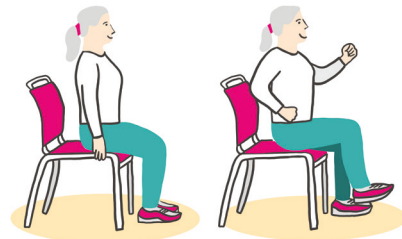
Advice

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.

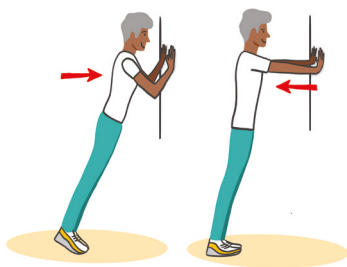


2. Arm raise (sitting or standing)

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.

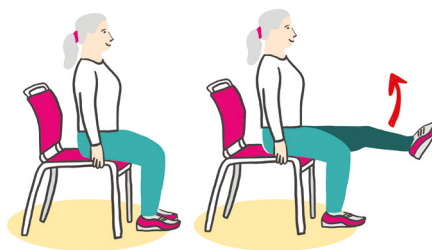


4. Wall press ups standing

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.



For further advice on how to take up these activities or for advice on being active, please contact the Physical Activity Team on pasdev@liverpool.gov.uk

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 **0151 374 2535**, text **Quit1** to **61825** or visit **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/drink-less-2**



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/eat-**



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/what-is-blood-pressure**



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.**



You can't always control what goes on in your life. Difficult or negative experiences can impact your mood and affect your mental wellbeing.



You're not alone, everyone gets down sometimes.

Learn more at:
kindtoyourmindliverpool.co.uk

LOOK AFTER YOUR MENTAL HEALTH

FEELING FLAT?

You're not alone.

- No energy?
- Unable to think clearly?
- Difficult to relax?

For up to a week?

Everybody feels flat from time to time. But if you've been feeling this way for up to a week and wondering what could help, there is good news.

Small steps can help you feel better.

The simple steps can be a good place to start feeling better again.

Local services / support

A great place to start is www.kindtoyourmindliverpool.co.uk

FEELING DOWN?

It's ok not to be ok.

- Hard to think straight?
- Stress and anxiety
- Trouble sleeping?
- Don't enjoy things?

More than a few weeks?

If how you feel starts to get in the way of everyday life, it may be time to take action.

Taking care of yourself is a key first step.

Talking to a trusted family member, friend or your GP can also make a big difference.

Local services / support

You may find that you need the help of professional services:

Life Rooms 0151 478 6556, Talk Liverpool 0151 228 2300 or Samaritans freephone 116.123.

FEELING OVERWHELMED?

It's OK to ask for help.

- Don't want to see anyone?
- Tearful?
- Struggling to cope?
- Panicking?

Not feeling able to cope for a while?

Wonder where to turn to?

If you are finding it hard to take care of yourself or keep on top of your responsibilities, you may need help from a mental wellbeing professional to start feeling better again.

Local services / support

For free professional help: Contact your GP, Talk Liverpool 0151 228 2300 or Samaritans freephone 116 123.



NEED TO TALK TO SOMEONE NOW?

If you don't want to talk to a friend, family member or can't think of a trusted person right now, remember you're not alone. There's support here for you in Liverpool.

For help 24/7 call: Mersey Care crisis line on Freephone **0800 145 6570**

Text support: HEAL **85258**

If you don't feel able to keep yourself safe right now call 999 or go to A&E.