

PHYSICAL ACTIVITY IN ISOLATION

Physical Activity and Wellbeing

At Oxfordshire Mind we provide support to people who would like to increase their physical activity. It is part of our campaign to give everyone the opportunity to improve their physical health. This is even more important now as we face the implications of the Corona Virus on our daily lives.

Keeping active is one of the [five ways to wellbeing](#), and research shows that physical activity can help improve your mental wellbeing, as well as your physical health and fitness. You do not have to go to the gym to get fit, there are plenty of ways you can get active at home.

We have physical challenges and sometimes online classes during lockdown via our website:

Email: physicalactivity@oxfordshiremind.org.uk

Visit: www.oxfordshiremind.org.uk/what-we-do/sport to find out more

Tips and Ideas

- There are a variety of free classes you can access via YouTube/Netflix /Amazon Prime, that are pitched for different ages and abilities; from yoga to HIIT.
- Gardening is a great form of physical exercise and being outside aids your general wellbeing too.
- A local walk/run/ bike ride daily has been advised by the government, and unlimited exercise is now allowed.
- Some local leisure centres are offering online classes, so check out their websites:
- **Visit:** <https://www.leisurecentre.com/promotion/workout-at-home>

We Are Undefeatable

This site offers ideas for keeping moving and healthy for all ages and abilities. You can access links to workouts and other people's stories:

Visit: <https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home>

For Children and Teens

Many of our children would normally be attending weekly classes or be able to play outside. During lockdown, you might find these sites useful to maintain a similar routine and ensure your children are getting daily exercise. This will support not only their physical health, but their wellbeing and mental health too.

Cosmic Kids

This site offers yoga for children, along with stories and other activities. More than a million children do yoga, mindfulness, and relaxation with Jaime. According to the site, parents and teachers report significant improvements in self-regulation, focus and empathy. All these skills could make lockdown go more smoothly.

Visit: <https://www.cosmickids.com/> or [the Cosmic Kids YouTube Channel](#).

Go Noodle (For Children)

An interactive program which supports mindfulness through yoga, games, and dance, via an interactive screen on your TV and other devices. There site states the activities are designed by child development experts. Choreographers, athletes, and mindfulness experts. It is available on most app store or check out the link for more information and support.

Visit: <https://www.gonoodle.com/for-families/>

Les Mills

If you want to learn some cool dance moves, martial arts, or yoga this might be the site for you. Each online session lasts 20 or 40 minutes long and is great for fitness and fun.

Free online dance classes for teenagers and adults:

Visit: <https://watch.lesmillsdemand.com/born-to-move-free>

Contributing something positive to your community:

Abingdon Green Gym

Email:

abingdon.green.gym@googlemail.com

Website: www.abingdongreengym.org.uk

Main Contact: Eleanor Dangerfield

Bicester Green Gym

Website: www.bicestergreengym.org

They can be contacted through their website.

Chipping Norton Green Gym

Email: jennyharrington@btinternet.com

Website: www.chippygreengym.org

Main Contact: Jenny Harrington

Sonning Common Green Gym

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