



HELPING YOUNG
SOUTH LONDONERS
GROW THROUGH SPORT

FAMILY HEALTH & WELL-BEING PHYSICAL ACTIVITY GUIDE

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Introduction

A message from the Health & Well-being team:

We at the Palace for Life Foundation are committed to facilitating the health & well-being of the south London community despite the limitations of COVID-19. Please take a look through this guide for information & workouts that will help to fight boredom while also promoting physical activity. The circuits in this booklet have been added with considerations for adults, families, children, those with mobility issues & the elderly. We encourage our readers to share this with family, friends & colleagues as we continue to navigate our way through this very strange time. Together, we can adapt & overcome the obstacles that has altered our day to day lives.

- The Health & Well-Being team

Safety considerations for physical activity:

This guide is meant to serve as a supplemental resource for physical activity. It should not be used in place of professional medical advice. Before engaging in physical activity, you should consider risk factors that may put you at risk of injury. These include:

- Chronic medical condition (cardiovascular, pulmonary or respiratory) or history of chronic medical conditions in family
- Pain in the chest, dizziness or abnormal shortness of breath during exercise
- Joint, muscle or bone injury within the last 12 months
- Over the age of 45 & **NOT** accustomed to regular exercise.

You should consult your GP before participating in physical activity if any of the mentioned factors pertain to you.

The benefits of physical activity:

Physical activity has been shown to have the following benefits:

- Improves immune system
- Improves sleep quality & duration
- Decreases blood pressure, cholesterol & body fat
- Improves memory & focus
- Maintains muscle & joint function

How to turn your home into a gym:

Although our gyms & leisure centres are closed, we can still find ways to be physically active. With a little creativity & commitment, we can turn our households into fitness centres. Below are just a few suggestions on how to turn everyday objects into fitness equipment that we will use in our workouts. Can you think of anymore?

Stairs

Stairs are an excellent way to complete a warm up or a cardio session. Did you know that climbing at least 1 flight of stairs requires more energy than walking 1 -2 blocks?

Chairs & Sofas

Chairs can be used for bench dips to target the triceps. They can also be used for push up variations too. Chairs are particularly useful for older populations when engaging in physical activity. Sofas provide a lower, more stable platform than most chairs. This will prove useful for some of the lower limb exercises that we'll do!

Belts

We can use belts for a range of isometric (meaning your muscle doesn't lengthen or shorten) exercises to target our shoulders & hips. We can also use belts during our warm up routine.

Scarfs

Scarfs are particularly useful when attempting to do exercises that require a little bit of light resistance. We can use them during our warm up routine & circuits if we don't have resistance bands available.

Doorframes

Doorframes can be used for stretching our chest. They are also useful for targeting shoulder muscles during bodyweight rows.

Rucksacks

Rucksacks aren't just handy to carry our school or work-related materials. We can load them with heavy items in order turn them into dumbbells/kettle bells. If you have a scale to weight out your items, all the better!

Packaged Food

Canned goods and sacks of potatoes can be used as free weights for curls and raises. Hold onto a couple of cans to add difficulty to the exercises in this guide.

Warming Up

Why it's important

Warming up is a vital part of physical activity because it signals to our cardiovascular, respiratory & muscular/skeletal systems that it's time to work. Our heart rate increases which circulates blood quicker. Our rate of breathing increases which helps obtain the oxygen needed to keep our body going. Our joints lubricate to perform movements. Our muscles receive more blood flow & loosen up as they prepare to execute the tasks that we need them to (running, jumping, & moving in general). Have a look at some of the warm up routines below & use them to get your body ready for physical activity.

Upper Body Warm up

Light cardio

Sets: 1 Reps: 3-5 minutes

- Run around your backyard if you have the space.
- If you have a flight of stairs at your disposal, travel up & down those. Be sure to take a quick 10-15 second break if you need.
- If you have a stationary bike at home, cycle at a light to moderate pace.
- Spend 30 seconds doing jumping jacks or pretend you have a jump rope. Take a break for 5-10 seconds. Repeat this 4-6 times until you feel ready to move on to the next stage.



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Mobility

Sets: 1 Reps: 5 Reps

1. Arm Circles



- Start with your arms by your side. Raise your arms & start making circles motions. Change directions after completion.
- Roll your shoulders in a circle.

2. Tucked Neck Rolls



- Start by tucking your chin into your chest.
- Slowly roll your head from left to right.

3. Chest Flaps



- Stand with your arms raised and pointing outward.
- Swing your arms from front to back.



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Activation

Set: 1

Reps: 5

1. Biceps Curls



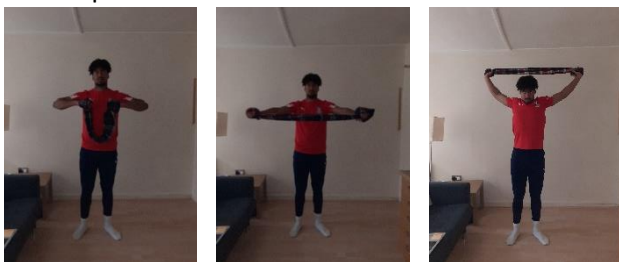
- Find a scarf. Wrap one end of the belt around your hand & grasp the other end with the other hand.
- Turn your wrapped palm towards the ceiling & lightly pull upwards while applying resistance with the other hand.

3. Wall Push Ups



- Find a wall & place your hands on it at mid chest level.
- Walk your feet out & press into the wall with your hands until your elbows have only a slight bend in them.

2. Triceps & Shoulder Rotation



- Find a scarf. Wrap both hands on the ends of the scarf & raise your elbows up to shoulder height.
- Slowly extend your elbow outwards while applying light resistance with the other hand.
- Lift the scarf over your head as far back as you can.



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Light Stretching

Sets: 1 Reps: 25 Seconds

1. Bicep Stretch



- Place your arms behind your back & interlock your fingers. Turn your palms outward & extend your elbows.
- Slowly bring your arms upwards until you feel a stretch in your chest, shoulders & biceps.

2. Triceps Stretch



- Place your left hand on your right elbow.
- Put your elbow right elbow behind your head & slowly pull it towards to the left until you feel a light stretch in your arms.

3. Shoulder Stretch



- Put your right arm across your body.
- Grab your right elbow with your left arm & pull across until you feel a stretch in your shoulders.

4. Chest Stretch



- Find a door frame. Grab the door frame with one hand. Place your forearm is on the frame.
- Turn your body away from the frame until you feel a light stretch in your chest.

Lower Body Warm up

Light cardio

Sets: 1 Reps: 3-5 minutes

- Run around your backyard if you have the space.
- If you have a flight of stairs at your disposal, travel up & down those. Be sure to take a quick 10-15 second break if you need.
- If you have a stationary bike at home, cycle at a light to moderate pace.
- Spend 30 seconds doing jumping jacks or pretend you have a jump rope. Take a break for 5-10 seconds. Repeat this 4-6 times until you feel ready to move on to the next stage.

Mobility

Sets: 1 Reps: 5

1. Ankle Rocks



- Rock back & forth from your heels to your toes.

2. Knee Circles



- Place your feet together & swing your knees around in a circle.



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3. Open/Close The Gate



- Raise your knee as high as you can in front of you & bring it outwards until it's on your side.
- Make sure to keep your knee raised high during this motion. Tap your foot on the floor & go in the other direction.

4. Torso Twists



- With a small bounce rotate your hips from left to right.



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Activation

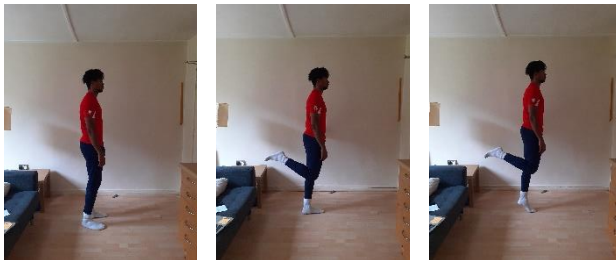
Sets: 1 Reps: 5

1. High Skips



- Perform 5 high skips in place. Try to go as high as possible.
- Sink into your landing by starting at the front of your foot just behind the toes & bend your knee & ankle until your heel touches.

2. Hamstring Curls into Calf Raises



- Stand on one leg. Use the other to slowly bend your knee until your heel comes close to touching your glutes.
- Slowly return your leg downwards until your toe hits the ground.
- Raise the heel of the standing leg & start again.

3. Glute Squeeze



- Bend your knees & hips slightly. Thrust upwards & engage your glutes until you are standing straight up.
- Keep your glutes engaged for 2 seconds.

Light Stretching

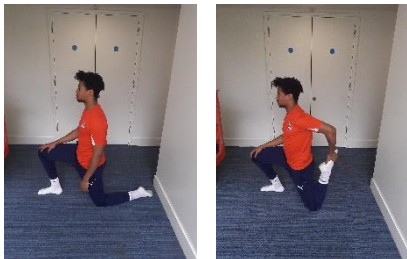
Sets: 1 Reps: 25 seconds

1. Runner's Stretch



- Place your hands against a wall. Walk your feet outwards until your weight is angled against the wall.
- Put one leg forward. With the trailing leg try to touch the ground with your heel until you feel a light stretch in your calf.

2. Quad stretch



- Place a soft item on the floor. Kneel on it.
- Use one arm to pull your foot upwards until you feel a light stretch in your quads. Make sure to keep an upright posture during this stretch.

3. Floor sweeps



- Place one foot out in front of you. With the leading foot, raise your toes upwards.
- Bend your trailing knee & try to reach your fingers to the ground until you feel a light stretch in your forward leg.

4. Knee Pulls



- Pull your knee up to your chest.
- Place your back against a wall for balance support if you need it.

Workouts

Listed below are 4 different physical activity circuits for you to complete. You can follow the pre-selected routines or mix certain exercises to make your own physical activity circuit. Try getting your family to tag along as a healthy way to spend time together. You could even encourage your friends to join via video chat. If you're finding a certain exercise too easy or difficult, modify the rest times, sets, repetitions & weights to best suit your needs. **It is vital to go at your own pace for safety reasons.** Remember, having fun is just as important as staying active. You got this!

Adult Circuits

Adults aged 18 - 64 should engage in at least 150 minutes of moderate-intensity or 75 minutes of physical activity throughout the week. A combination of both moderate & vigorous intensity exercise also meets recommended amounts of physical activity. Adults should participate in activities that strengthen major muscle groups in the core, upper & lower body at least two times a week.

Moderate activities include:

- Yoga
- Weight lighting
- Running at a pace that allows you to hold a conversation
- Interval training
- Bodyweight training
- Cycling at a pace that allows you to hold a conversation

Vigorous activities include:

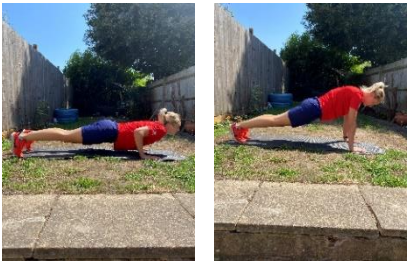
- Running at a pace that does not allow you to hold a conversation
- Cycling at a pace that does not allow you to hold a conversation
- High Intensity Interval Training
- Intense bodyweight training

Adult Circuit 1: Upper Body

This circuit is designed for those looking to work on the major muscle groups of the upper body. It is intended for those who have a little or moderate amount of experience with physical activity. **Remember, you can always change the sets, reps, weight or rest times to best suit you.** Good Luck!

Sets: 3 Reps: 8-12 Rest: 45-60 seconds

1. Push Ups



- Lay on the floor & place your hands at mid chest level.
- Push yourself off the ground until your elbows are almost straight. Now slowly lower yourself back down.

2. Crunches



- Lay on the ground with your knees bent.
- Squeeze your abs & bend your body upwards until your shoulders come off the ground.

3. Bicep Curls



- Fill a rucksack with a reasonable amount of weight. Stand with an upright posture & your elbows by your side.
- Slowly raise your palm up to your shoulder & lower it back down. Remember to keep your elbows pinned by your side.

4. Leg Lifts



- Start by laying on your back with your feet pointing towards the ceiling. Squeeze your abs & slowly raise your feet upwards.
- Slowly lower your feet back to the ground until your heels are almost touching the floor.

5. Triceps Dips



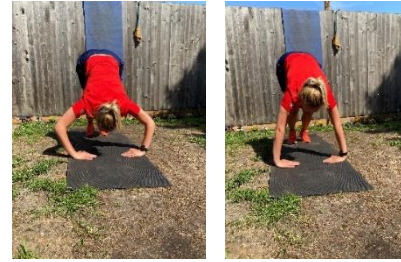
- Find a couch or secure chair & sit on it with your palms on the edge of the seat.
- Use your arms to slowly lower & raise yourself. Keep a slight bend in your elbows at the top of this movement.

6. Russian Twists



- Lock your fingers & place them in front of your chest. Squeeze your core & lift your feet off the ground.
- Lean backwards & rotate your body side to side. Try to keep your back from hunching over.

7. Shoulder Presses



- From a push up position walk your feet up until you are on your toes.
- Press into the ground with your hands until your elbows are straight.

8. Heel Taps



- Lay down & place your hands by your side.
- Squeeze your core while bending your body sideways until your fingertips touch your heel.

Adult Circuit 2: Lower Body

This circuit is designed for those looking to work on the major muscle groups of the lower body. It is intended for those who have a little or moderate amount of experience with physical activity. **Remember, you can always change the sets, reps, weight or rest times to best suit you.** Get In!

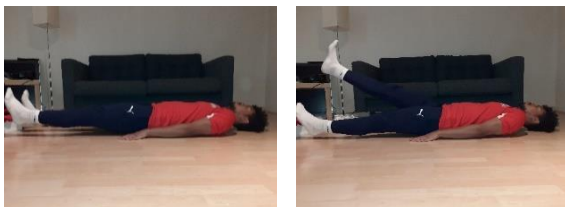
Sets: 3 Reps: 8-12 Rest: 45-60 seconds

1. Squats



- Stand with your feet shoulder width apart in front of a couch. Lower yourself until you lightly touch the seat behind you.
- Push through your feet & slowly raise yourself into the starting position. Keep your knees over your ankles.

2. Flutter Kicks



- Squeeze your core & lift your heels slightly off the ground. Slowly make a walking motion with your legs
- Remember to keep your legs as straight as possible.

3. Calf Raises



- Stand with one leg on the floor & the other raised. Lift your heel off the ground until you are on your toes.
- Hold your position at the top for 2 seconds & slowly lower yourself back down.

4. Plank Twists



- Get into a plank position. Squeeze your core & raise your body off the ground. Maintain a straight posture.

- While in the air, turn your hips to one side before turning to the other.

5. Lunges



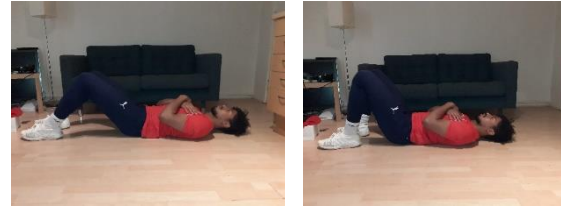
- Step forward with one foot & bend your knee until your thigh is parallel with the ground. Make sure your trailing knee doesn't touch the floor.
- Push through your leading foot & lift yourself upwards.

6. Cocoons



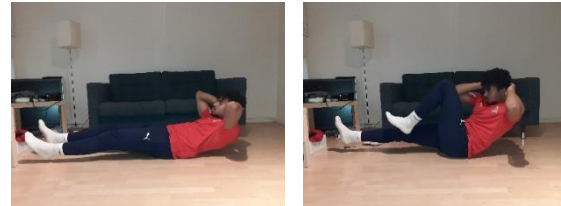
- Squeeze your core while slowly tucking your knees & hands into your chest. Slowly return to the starting position.
- Your feet & hands shouldn't be touching the ground during this movement.

7. Hamstring Pulls



5. Put on a pair of shoes & find a surface you can slide on. Laying on a pillowcase or shirt will also help.
6. Dig your heels into the ground & use your legs to slide your body as close to your feet as possible.

8. Bicycles



- Place your hands behind your head & raise your knees until they are directly above your hips.
- Squeeze your core while trying to slowly touch your elbow to the opposite knee

Adult Circuit 3: Full body Cardioblast

This circuit is designed for those looking to break a sweat. It is intended for those who have a little or moderate amount of experience with physical activity. **Remember, you can always change the sets, reps, weight or rest times to best suit you. Do your best!**

Sets: 3 Reps: 20-30seconds (8-12 reps) Rest: 45-60 seconds

1. Burpees



- Start by standing. Quickly go down into a push up position with your knees tucked. Untuck your knees.
- Stand & perform a jump once you are up.

2. Incline Push Ups



- Place your hands on the edge of an elevated surface at mid chest level.
- Push through your hands until they are almost fully straight.

3. Lunge Jumps



- Stand with one leg in front of you. Bend your knees until your leading thigh is parallel with the ground.
- Quickly jump upwards & alternate leg positions.

4. Side Bends



- Add some weight to a rucksack & stand with both hands by your side. Keep the rucksack in your right hand.
- Squeeze your core & slowly bend your waist to the left.

5. Jumping Jacks



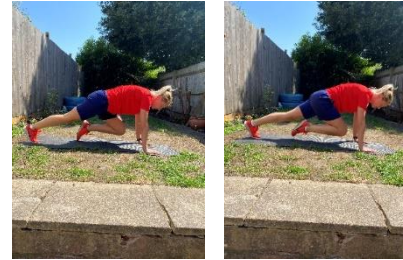
- Jump upwards & move your feet wider than shoulder width.
- At the same time move your arms above your head.

6. Door Rows



- Grab a doorframe with one hand & slightly bend your knees while standing arm's length from it
- Use your arm to pull yourself inwards towards the door frame. Keep your feet stationary.

7. Mountain Climbers



- Get into a push up position. While keeping your arms straight, bring your right knee to your chest.
- Return your right leg to the starting position & repeat the same motion with the other leg.

8. Step Ups



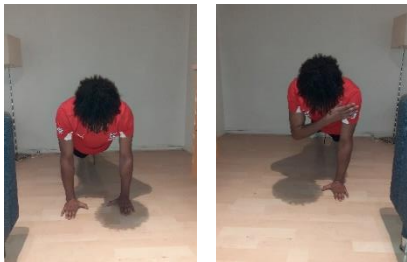
- Stand in front of a step or couch. Step onto the elevated surface with one foot.
- Push through the leading foot to raise yourself onto the couch.

Adult Circuit 4: Full body Isometric

This full body workout focuses on isometric strength. It is intended for those who have a little or moderate amount of experience with physical activity. **Remember, you can always change the sets, reps, weight or rest times to best suit you.** Let's get to work!

Sets: 3 Reps: 20-30 seconds Rest 45-60 seconds

1. Shoulder Taps



- Use one hand to tap the opposite shoulder while lifted from the ground. Repeat this movement with the other hand.
- Remember to keep your core engaged & your back straight during this exercise.

2. Planks



- Tighten your core & raise your body so that your forearms & toes are the only point of contact with the ground.
- Maintain a straight line from your shoulders to your hips & ankles. Maintain this position.

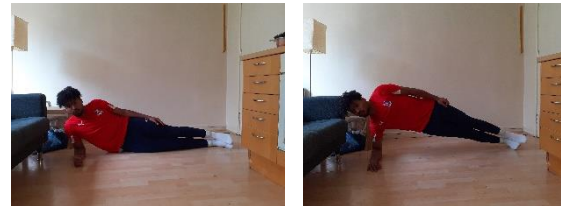
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3. Wall Sits



- Spread your feet out about shoulder width while leaning against a wall.
- Slide down the wall until your thighs are parallel with the floor. Maintain this position.

4. Side Planks



- Tighten your core & lift yourself off the ground. Your forearm should be underneath your shoulder.
- Make a straight line with your body from shoulder to ankles. Maintain this position.

5. Superman



- Lay on your stomach with your arms in front of you.
- Raise your arms & feet off the ground. Maintain this position.

6. Banana



- Lay on your back with your arms above your head.
- Squeeze your core & lift your arms & legs off the ground. Maintain this position.
- You can adjust the height of your legs to make it easier or harder.

7. Glute Bridges



- Push through your heels & lift your hips on the ground.
- Squeeze your glutes & maintain this position.
- Remember to keep your core engaged during this exercise.

8. Bird Dog



- Get on your hands & knees. Lift your right hand & left heel off the ground.
- Engage your core & maintain this position. Make sure your hand & heel are at the same height.

9. Adduction Squeezes



- Sit with halfway on the chair & place a pillow or ball between your knees.
 - Squeeze the object by using your inner thigh muscles.
- Maintain this position & focus on keeping an upright posture.

10. Abduction Holds



- Make a loop with a belt. Sit halfway on a chair & place your feet inside the belt.
 - Push your knees outward while squeezing your glutes.
- Maintain this position & focus on keeping an upright posture.

Cool Down Routines

Why it's important

You've completed your circuit for the day, well done! What we do after physical activity is just as important as what we do before. Our bodies need time to recover from the amount of work we just put it through. Our muscles, heart & lungs begin adapting to physical activity by making repairs & changes so that we can go again. Listed below are a couple of stretching routines that will help decrease feelings of stiffness & soreness associated with physical activity. After you're done, be sure to hydrate & consume a meal that reflects the Eatwell guide to provide your body with the proper nutrition to refuel.

Upper Body Stretches

Sets: 2-3

Reps: 45 second holds

1. Doorframe stretch



- Find a door frame. Grab the door frame with both hands.
- While holding onto the frame, move through the door until you feel a stretch in your chest.

2. Lower back stretch



- Use your hands to grab the opposite shoulder & bend forward.

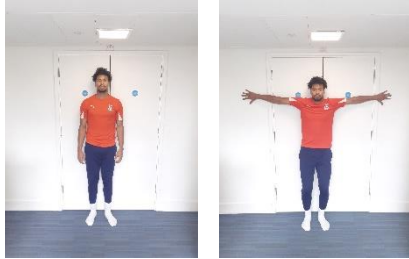
- Inch your fingers closer towards your spine until you feel a light stretch.

3. Triceps wall stretch



- Place your elbow on a wall at head height or above.
- Lean into the wall until you feel a light stretch in your triceps.

4. Biceps wall stretch



- Place your back against a wall & bend your knees slightly.
- Raise your arms to shoulder height & place your palms on the way until you feel a light stretch in your biceps.

- Put your right arm across your body.
- Grab your right elbow with your left arm & pull across until you feel a stretch in your shoulders.

5. Shoulder stretch

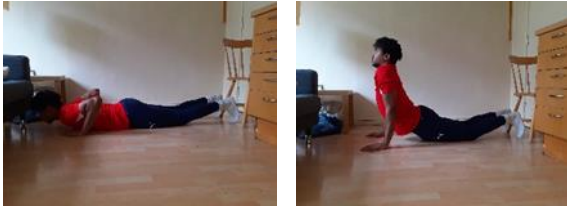


Core Stretches

Sets: 2-3

Reps: 45 second holds

1. Abdominal stretch



- Lay on your stomach.
- Keep your hips on the ground & use your arms to slowly bring your chest & upper body off the floor until you feel a moderate stretch in your abdominals.

2. Fingers to floor stretch



- Find a chair. Lean forward, place your palms on the floor.
- Walk your fingers out until you feel a light stretch in your back.

Lower Body Stretches

Sets: 2-3

Reps: 45 second holds

1. Runner's stretch



- Place your hands against a wall. Walk your feet outwards until your weight is angled against the wall.
- Put one leg forward. With the trailing leg try to touch the ground with your heel until you feel a light stretch in your calf.

2. Groin stretch



- Squat downwards until your hands are touching the floor.
- Press into your knees with your elbows until you feel a light stretch in your groin.

3. Hip flexor stretch



- Take a big step forwards. Kneel down. Place a pillow under one knee if you need to.
- Shift your hips forward until you feel a light stretch in the hip of the forward leg. Keep your posture upright.

4. Quad stretch



- Use a belt to make a small loop. Put your toe in it & lay on your stomach.
- Use your hand to pull the belt forwards until you feel a light stretch in your thighs. Hold for 45 seconds & switch legs.

5. Hamstring stretch



- Sit upright on the floor. Extend your legs outwards & place your hands on your lap.
- Lean into one leg while attempting to grab your foot. Stop once you feel a light stretch

7. Glutes stretch



- Lay on your back with your left ankle resting on your right knee.
- Use your hands to pull your right knee up to your chest.

6. Knee to chest stretch



- Lay on your back & let your legs rest with your knees extended.
- Pull one knee into your chest until you feel a stretch in your glutes.

Final Remarks

We at the Palace for Life Foundation would once again like to thank those who help make our communities a conducive environment for health & well-being during this difficult time. We appreciate your participation & hope that you enjoyed the information & circuits listed in this physical activity guide. Hard work isn't easy but working hard gets easier the more you do it. Please have a look at some of the additional resources listed below for more information & ideas on family activities, mindfulness, nutrition & ways to stay physically active.

- *The Health & Well-being Team*

Additional Resources

For more information on additional Palace For Life Foundation resources related to mindfulness, nutrition & wellbeing please contact Bethany Towle at BethanyTowle@palaceforlife.org

Check out the Palace For Life Foundation website [here](#) for the latest news on our department wide efforts to support the community during this time.

The NHS has a guide for those looking to jumpstart their running careers. Provided [here](#) is a running plan that helps beginners work their way to being able to run a 5k.

[Here](#) is brief pdf of healthy home activities & physical education classes. This is a great resource for families looking to find fun & create activities to pass time.

For those looking to participate in low impact & relaxing tai chi routines, take a look at this beginner's course on [YouTube](#).

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