



HELPING YOUNG
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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.



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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!



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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.



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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.

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.

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.



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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 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.



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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

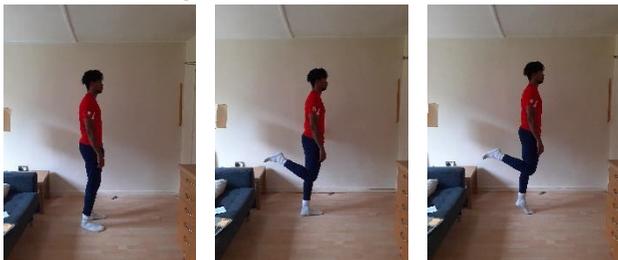
Sets: 1 Reps: 5

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.



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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!

Family & Adolescent Circuits

Young people aged 5 - 17 are encouraged to reduce sitting time that involves activities like watching television or playing with technology. It is recommended that they need at least 60 minutes of moderate to vigorous physical activity per day. This should occur as often as three days a week & should include activities that promote bone development, muscle growth & movement skills.

Bearing in mind the current limitations with COVID-19, moderate activity can include:

- Backyard or outdoor play
- Running at a pace that allows you to hold a conversation
- Cycling at a pace that allows you to hold a conversation
- Light bodyweight training

Vigorous activity can 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
- Intense bodyweight training

Family Circuit 1: Cardioblast & Plyometrics

This fun circuit is designed for families looking to stay active together. Adult supervision is strongly recommended whenever children participate in physical activity. **Remember, you can always change the sets, reps, weight or rest times to best suit you.**

Sets: 3

Reps: 4-8 (20-30seconds)

Rest: 60 seconds

1. Gorilla Pushes



- Lean into a wall with your hands at mid chest level.
- Push yourself off the wall as hard as you can. Slowly sink back into starting position.

2. Bunny Bounces



- Stand with your arms down by your side.
- Lightly hop off the ground repeatedly, like a bunny.

3. Ball/Pillow Tosses



- Find a partner & a ball/pillow. Stand 5 to 8m apart. Use a wall if you don't have a partner.
- Hold your object over your head before throwing it hard towards your partner.

4. Flamingo Knee Raises



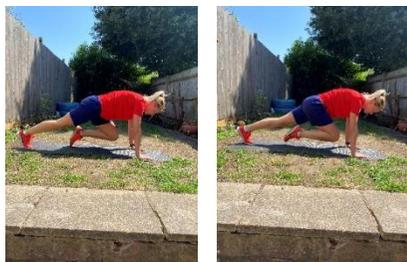
- Lift your knee as high as you can.
- Raise your opposite arm as you raise your knee.

5. Frog Jumps



- Stand with your feet at shoulder width. Bend your knees & sink into the ground.
- Jump as high as you can before sinking back into the ground. Can you jump as high as a frog?

6. 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.

7. Owl Twists



- Find a partner & a ball/pillow. Stand about 5-8 meters away from your partner. Use a wall if you don't have a partner.
- Twists away from your partner while holding out object. Twist towards your partner & toss the object as hard as you can to your partner.

8. Dancer Taps



- Stand in front of a step or couch.
- Tap your foot on the edge of the elevated surface. Put your foot back on the ground & tap the surface with your other foot.

Family Circuit 2: Cardioblast & Isometrics

This fun circuit is designed for families looking to stay active together. Adult supervision is strongly recommended whenever children participate in physical activity. Remember, you can always change the sets, reps, weight or rest times to best suit you. You can do this!

Sets: 3

Reps: 20-30 seconds (20- 30 seconds)

Rest 45-60 seconds

1. Crane Calf Holds



- Stand with one leg raised. Lift your heel off the ground until you are on your toes.
- Hold for 4 seconds. Slowly lower yourself back down.

2. Stationary Jogging



- Lightly jog in place. Remember to pump your arms!

3. Partner Sits



- Find a partner and hold their hands. Use something secure if you don't have a partner.
- Bend your knees until your thighs are parallel with the ground. Maintain this position.

4. Star Jumps



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

5. Prayer Poses



- Stand with your feet at shoulder width. Let your hands meet in the middle of your chest.
- Press into your hands & maintain this position.

6. Kangaroo Punches



- Stand in a fighting stance.
- Take turns punching the air with your hands.

7. Heel Digs



- Lay down with your heels on a couch.
- Engage your core & dig your heels into the couch until you feel tensions in the back of your legs. Maintain this position.

8. Vertical mountain climbers



- Stand with your hands above your head.
- Engage your core & raise your left knee as high as you can. Quickly alternate legs so that your right knee comes up as your left knee goes down.

Adolescent Circuit 1: Strength & Mobility

This fun circuit is designed for young adults looking to burn some energy! Adult supervision is strongly recommended whenever children participate in physical activity. Remember, you can always change the sets, reps, weight or rest times to best suit you. Have fun!

Sets: 3

Reps: 8-15

Rest: 45-60 seconds

1. Wall Push Ups



5. Stand in front of a wall with your hands at mid chest level. You can also use the floor. Slowly push yourself off the wall/floor.
6. Once you reach the top slowly lower yourself back down.

2. Shoulder ER



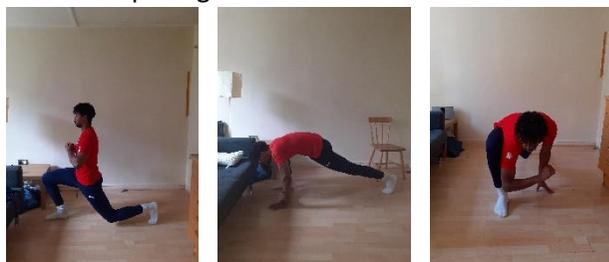
- Make a loop with a scarf & grab it with both hands.
- Rotate your right shoulder outwards. Keep your elbow directly below your shoulder.

3. 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.

4. Instep Lunges



- Step backwards into a lunge. Place your elbow towards the inside of your body & your other hand on the ground.
- Keep your trailing leg straight.

5. Sit Ups



- Lay on the ground & place your hands behind your head.
- Engage your core & bend your body upwards. Try not to pull your head forward with your hands.

6. 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 so that your body is facing away from the ground.

7. Back Extensions



- Lay on your stomach & place your hands behind your head.
- Squeeze your lower back & lift your chest off the ground. Hold for 2 seconds & return to the ground.

8. Cat Camel



- Get down on your hands & knees.
- Take a deep breath & round your back. Engage your core, exhale & arch your back.

Adolescent Circuit 2: Cardio & Balance

This fun circuit is designed for young adults looking to burn some energy! Adult supervision is strongly recommended whenever children participate in physical activity. Remember, you can always change the sets, reps, weight or rest times to best suit you. Let's get going!

Sets: 3

Reps: 20-30seconds (8-15)

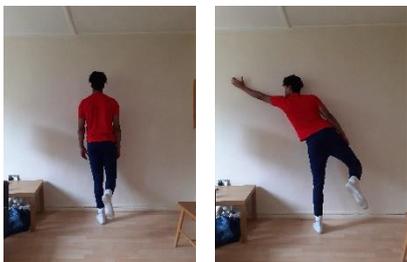
Rest: 45-60 seconds

1. Jumping Jacks



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

2. Single Leg Reaches



- Raise one leg off the ground. Stand close to the wall if you need to.
- Reach outwards to one side before switching to the other.

3. Toe Taps



- Stand in front of a step or couch.
- Tap your foot on the edge of the elevated surface.

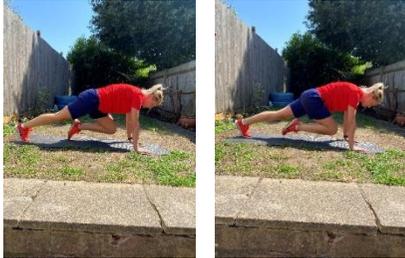
4. Side Hops



- Place a ruck sack or scarf on the ground.

- Jump over the item from side to side. Remember to sink into your landing.

5. 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.

6. Front Hops



- Place a ruck sack or scarf on the ground.

- Jump over the item from front to back. Remember to sink into your landing.

7. Stationary Running



- Stand with your arms down by your side.
- Lightly jog in place. Remember to pump your arms as would while running.

8. Knee Raises



- Stand in front of an elevated surface.
- Take turns stepping onto the surface with one foot & raising your knee with the other. Remember to pump your arms during this movement.

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

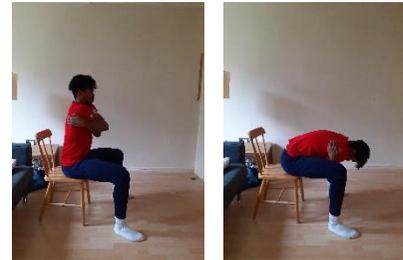
Reps: 45 second holds

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. Bicep 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.

5. 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.

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

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.

7. Figure 4 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.

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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