



Getting active at home and in the garden

Explore our A-Z of activities to help you get active at home and outdoors. There is something for everyone at all levels and many are equipment free. You could even use household items as weights if you would like more of a challenge.



Activity ideas	
A	<p>Anything goes, use items from around your home as weights</p> <ul style="list-style-type: none"> • Aerobics
B	<p>Be kind to yourself</p> <ul style="list-style-type: none"> • Breathing exercises • Bodyweight exercises • Bicep curls using tins from the cupboard • Burpees • Boxing or shadow boxing • Ball games
C	<p>Celebrate your achievements, no matter how big or small</p> <ul style="list-style-type: none"> • Clean the windows or the car • Crunches • Chair exercises • Choreograph a dance routine • Circus skills • Croquet
D	<p>Do something you enjoy</p> <ul style="list-style-type: none"> • Declutter your home • Dig in the garden • Deadlift using bottles of cleaning detergent • Dance to your favourite song • Dodgeball with a balloon or soft toy

Activity ideas	
E	<p>Energise and rejuvenate yourself</p> <ul style="list-style-type: none"> • Exercise classes online • Exercise machine at home
F	<p>Find a friend and get active together</p> <ul style="list-style-type: none"> • Fruit picking in the garden or outdoors • Fly a kite on a windy day • Frisbee in a pair or two teams • Football with a ball or rolled up pair of socks
G	<p>Get active, feel good</p> <ul style="list-style-type: none"> • Gardening • Gymnastics
H	<p>Have a go at something you haven't done for a while</p> <ul style="list-style-type: none"> • Housework • Hula-hooping • Handstands • Hopscotch • Home workout videos
I	<p>Include others by phoning a friend or sharing your workout online</p> <ul style="list-style-type: none"> • Interval training switching between walking, jogging and sprinting

Activity ideas

J	<p>Just go with it</p> <ul style="list-style-type: none"> • Jog on the spot or around the garden • Jumping jacks or simplify to side steps • Jumping squats • Jump rope • Juggling or other circus tricks
K	<p>Keep going, you can do it'</p> <ul style="list-style-type: none"> • Kickbacks • Kettlebell workout • Karate kicks or other moves
L	<p>Learn something new like a dance move, balance, or stretch</p> <ul style="list-style-type: none"> • Lunges
M	<p>Motivate yourself by keeping track of your achievements</p> <ul style="list-style-type: none"> • March on the spot • Mow the lawn • Musical chairs or other party games • Manual labour • Mountain climbers • Mini golf using paper cups as holes • Exercises to increase mobility
N	<p>Notice your surroundings</p> <ul style="list-style-type: none"> • Explore nature
O	<p>Overcome your fears by starting with something gentle</p> <ul style="list-style-type: none"> • Online activities such as yoga or fitness tutorials • Obstacle course
P	<p>Practice makes perfect, set yourself a target to work towards</p> <ul style="list-style-type: none"> • Pillow fight with the family • Party games such as musical statues • Play pool • Plank hold for as long as you can • Press ups, drop to your knees to simplify • Pilates
Q	<p>Quality exercise will help you feel good</p> <ul style="list-style-type: none"> • Qigong (Chinese martial art)
R	<p>Reflect on your progress so far and recognise the things you've enjoyed</p> <ul style="list-style-type: none"> • Rest and recover • Row using tins or bottles • Reverse lunges • Roller skating

Activity ideas

S	<p>Share your ideas with others</p> <ul style="list-style-type: none"> • Scavenger hunt around the house or garden • Sock skating down the hallway • Stretch out • Skipping • Step-ups using the stairs or outside step • Sit-ups • Squats • Sprints • Scooter ride
T	<p>Teach someone else your workout routine</p> <ul style="list-style-type: none"> • Tricep dips using a worktop for support • Tai Chi • Trampolining
U	<p>Uplift your mood by finding a new hobby</p> <ul style="list-style-type: none"> • Upright rowing using household items
V	<p>Variety is key for keeping motivated</p> <ul style="list-style-type: none"> • Vacuuming • V-sits • Volleyball using a balloon or a soft ball
W	<p>Well done for being active today</p> <ul style="list-style-type: none"> • Walk around the house or outside • Wash the car or the windows • Wii fit • Walking lunges • Wall sits • Weight workout
X	X = REST
Y	<p>You've got this!</p> <ul style="list-style-type: none"> • Yoga
Z	<p>Zap through your favourite activities on this sheet</p> <ul style="list-style-type: none"> • Zig-Zag shuttle runs using shoes as cones • Zumba

Do you have an idea you want to share with us?
Email sport@mind.org.uk