



### Online exercise provisions for older people

Last updated 22.04.2020

Resource	Description	Link
One You East Sussex (OYES)	<p>The Adult Weight Management group “Lose Weight With One You East Sussex” is still running and they are delivering these courses via Zoom.</p> <p>All current MAN v FAT players have the options to take up the MAN v FAT Challenge which involves home-based challenges and activities based around food, exercise, mood etc. You are still part of a team and still playing against other teams but this is home based rather than playing football (which is currently ALL suspended)</p>	<p><a href="https://oneyoueastsussex.org.uk/">https://oneyoueastsussex.org.uk/</a></p> <p><a href="https://drive.google.com/open?id=1OSXRlcvlJSvk5UI6qSHbS_gM5yYTBPVm">https://drive.google.com/open?id=1OSXRlcvlJSvk5UI6qSHbS_gM5yYTBPVm</a></p> <p><a href="https://drive.google.com/open?id=1JYH4NAeVvvd-2zjRD1hJdq9j8VKMKGo">https://drive.google.com/open?id=1JYH4NAeVvvd-2zjRD1hJdq9j8VKMKGo</a></p>
Mid Sussex and Adur & Worthing Wellbalanced Programme	<p>Wellbalanced have now created a series of <b>exercise videos</b>, accessible from their website, Facebook and YouTube pages.</p> <p>They are broken down into bitesize chunks, so they can be pieced together to create a 50 minute Balance &amp; Strength class OR used to complete a shorter exercise session at home. They are led by a qualified and experienced Postural Stability Instructor (Emma Rollings), so all exercises are safe and appropriate for older people who may have decreased balance.</p>	<p><a href="https://wellbalancedprogramme.co.uk/online-resources/">https://wellbalancedprogramme.co.uk/online-resources/</a></p> <p><a href="https://www.facebook.com/WellbalancedforWellbeing">https://www.facebook.com/WellbalancedforWellbeing</a></p> <p><a href="https://www.youtube.com/channel/UC6pLtlH6qExukRB_qUTXedg/">https://www.youtube.com/channel/UC6pLtlH6qExukRB_qUTXedg/</a></p>
Middle Path Yoga		<a href="https://www.middlepathyoga.com/">https://www.middlepathyoga.com/</a>



	<p>Currently running three weekly classes online via Zoom offer short videos on their YouTube channel (Lucy Middle Path Yoga) so you can continue to practise daily.</p> <p>Tuesday and Friday – 13:00-13:45 GMT</p> <p>Wednesday 17:15 – 18:30 GMT</p> <p>Please book <a href="#">here &gt;&gt;</a></p>	<p><a href="http://youtu.be/57vT9QXNStA">http://youtu.be/57vT9QXNStA</a></p>
<p>Impulse Leisure</p>	<p>Spot the difference - Gaze, scan, stare, whatever you have to do. Can you spot the five differences between these two images?</p> <p>Mighty Mites @ Home - Keeping young children entertained and physically fit can sometimes be challenging but Impulse Leisure have come up with some under 5 Mighty Mites activities for you and your child to enjoy.</p> <p>Workout @ Home - Time to get off the sofa and try something a little different today. Impulse Leisure have designed this amazing platform for you to design your own workout whilst you are at home.</p> <p>Impulse Leisure Keeping Social - If you are in need of a chat or would like to connect with others check out Impulse Leisure's Facebook Page where they are there to help and support you through isolation.</p>	<p><a href="https://impulseleisure.co.uk/activitiesathome/spot-the-difference/">https://impulseleisure.co.uk/activitiesathome/spot-the-difference/</a></p> <p><a href="https://impulseleisure.co.uk/activitiesathome/mighty-mites-home/">https://impulseleisure.co.uk/activitiesathome/mighty-mites-home/</a></p> <p><a href="https://impulseleisure.co.uk/workoutathome/">https://impulseleisure.co.uk/workoutathome/</a></p> <p><a href="https://www.facebook.com/ImpulseSussex/">https://www.facebook.com/ImpulseSussex/</a></p>



<p><b>The Gym Hub</b></p>	<p>Blogs - Top Tips To Burning Extra Calories Whilst Isolated</p> <p>Hub Home Workouts - The Gym Hub's got your back! The Hub Team have created some simple yet effective home workouts for you to enjoy.</p> <p>Workout @ Home - Time to get off the sofa and try something a little different today. The Gym Hub has designed this amazing platform for you to design your own work out whilst you are at home.</p> <p>Keeping Social - If you are in need of a chat or would like to connect with others check out The Gym Hub's Facebook Page where they are there to help and support you through isolation.</p>	<p><a href="https://thegym-hub.co.uk/blog/top-tips-to-burning-extra-calories-whilst-isolated/">https://thegym-hub.co.uk/blog/top-tips-to-burning-extra-calories-whilst-isolated/</a></p> <p><a href="https://www.youtube.com/channel/UCimJO78j_XfNR81aMUdDzJQ/playlists?view=1&amp;sort=dd&amp;shelf_id=2">https://www.youtube.com/channel/UCimJO78j_XfNR81aMUdDzJQ/playlists?view=1&amp;sort=dd&amp;shelf_id=2</a></p> <p><a href="https://thegym-hub.co.uk/workoutathome/">https://thegym-hub.co.uk/workoutathome/</a></p> <p><a href="https://www.facebook.com/TGHWorthing/">https://www.facebook.com/TGHWorthing/</a></p>
<p>10 Today - audio broadcasts</p>	<p>10 Today involves short ten minute routines to get you stretching and moving, and will be broadcast on the radio and online. Our vision is a world where being physically active is part of daily life for older people.</p>	<p><a href="https://10today.co.uk/">https://10today.co.uk/</a></p>
<p>Wave Leisure Chair based and gentle exercises</p>	<p>Free access to videos and resource sheets of chair based and gentle exercises you can do at home at your own pace</p>	<p><a href="https://www.waveleisure.co.uk/specialist-activities/chair-based-and-gentle-exercises">https://www.waveleisure.co.uk/specialist-activities/chair-based-and-gentle-exercises</a></p>



NHS	The NHS website has brilliant resources for seniors around keeping active and exercises you can do at home.	<ul style="list-style-type: none"> <li>• <a href="#">Physical activity guidelines for over 65s</a></li> <li>• <a href="#">Sitting exercises</a></li> <li>• <a href="#">Workout videos</a></li> </ul>
Shapemaster home exercise videos	Shapemaster home-based video exercises to support older adults & those with long term health conditions throughout isolation. Physiotherapist Rachel Young talks through exercises that can be performed whilst the sofa or on the floor.	<a href="#">Visit Shapemaster home based exercise films here</a>
Paracise	Paracise™ offers gentle but effective functional exercise to maintain and improve our physical and mental well-being. Free Low-Impact Exercise Videos you can do from the comfort of your home	<a href="https://paracise.com/coronavirus-free-exercise-videos-for-elderly-people/">https://paracise.com/coronavirus-free-exercise-videos-for-elderly-people/</a>
Standing Tall (Brighton & Hove Falls Prevention)	Preventing Falls, Keeping Active.  Classes are paused for now, but information, advice and exercise examples can be found on our website	<a href="https://fallsassistant.org.uk/">https://fallsassistant.org.uk/</a>
Adur & Worthing Wellbeing	'Get Active' program resources. Previously set up to accompany one of our gentle exercise courses and to give people the opportunity to exercise in their own homes. The recorded material introduces a series of low impact/ low intensity exercises, designed to give a whole body workout. Each exercise can be adapted to suit individual needs.	<a href="https://adur-worthing.westsussexwellbeing.org.uk/topics/being-active/get-active-home">https://adur-worthing.westsussexwellbeing.org.uk/topics/being-active/get-active-home</a>



	<p>Will update facebook page with a 'Get active at home' group. This will provide practical home based activity guidance and support, and aim to help people remain socially connected.</p> <p>Virtual Get Active sessions As many of the sessions have been cancelled, they are exploring the possibility of adapting and delivering some of the get active sessions such as 'movement and mediation', 'Zumba gold' 'Gardening activities' virtually.</p>	
20/20 Health	<p>2020 Health exercise referral YouTube channel. Completely free for anyone following along. The first 3 videos will be mobilization, pulse raiser and stretching. More videos of movement of chair base exercises and exercises you can do using home products will follow.</p> <p>With the current situation we at 20/20 Health are trying to put together some free home works for those that have medical conditions and concerns, that may not be able to do traditional movements, I will endeavour to upload a video every other day.</p> <p>20/20 Health is an exercise referral company based in Rother and Hastings, specialising in creating exercise programmes for those that have medical conditions.</p>	<p><a href="https://www.youtube.com/watch?v=ncDpnmlxnVA&amp;feature=youtu.be">https://www.youtube.com/watch?v=ncDpnmlxnVA&amp;feature=youtu.be</a></p>



<p>AHS Wellbeing</p>	<p>Videos and home exercise guidance on website and facebook page.</p> <p>This includes AHS Wellbeing content as well as existing resources available on the internet.</p> <p>Live online sessions are being considered.</p>	<p><a href="https://www.facebook.com/WellbalancedforWellbeing">https://www.facebook.com/WellbalancedforWellbeing</a></p> <p><a href="https://wellbalancedprogramme.co.uk/">https://wellbalancedprogramme.co.uk/</a></p>
<p>Hastings Borough Council</p>	<p>Lots of activity ideas and useful information via the HBC website.</p> <p><a href="#">Active Hastings Over 50s Aerobics</a> - join our Facebook group and find out about free weekly online classes specifically for over 50s, taking place on Wednesdays at 10.30am via Zoom.</p> <p><a href="#">Join the Active Hastings Over 50s Aerobics Facebook group.</a></p> <p>Alternatively, call 01424 451051 or email <a href="mailto:activehastings@hastings.gov.uk">activehastings@hastings.gov.uk</a> to find out how to join if you don't use Facebook.</p>	<p><a href="https://www.hastings.gov.uk/sport_play/getactive/active/">https://www.hastings.gov.uk/sport_play/getactive/active/</a></p>
<p>Late Life Training</p>	<p>Later Life Training (Bex Twonley) are delivering three daily activity sessions 'Make movement your mission' for older people via a closed Facebook group.</p>	<p><a href="https://www.facebook.com/groups/138533120904126/">https://www.facebook.com/groups/138533120904126/</a></p>



<p>Age UK West Sussex</p>	<p>Currently providing several things to the wider community in West Sussex and Brighton &amp; Hove, including nutrition and advice sheets on exercise.</p> <p>Telephone hotline for West Sussex and Brighton &amp; Hove 01903 731800. If anyone is worried about isolation, collection of medicines, collection of groceries or want to order hot food. This also can be to register for a weekly call back from a member of staff to see how they are.</p>	<p><a href="http://www.ageukwestsussex.org.uk">www.ageukwestsussex.org.uk</a> <a href="mailto:Information@ageukwestsussex.org.uk">Information@ageukwestsussex.org.uk</a></p>
<p>FIT FOR GOOD</p>	<p>A programme designed to help older adults enjoy becoming stronger, more mobile, more stable and more socially active.</p> <p>Now offering FREE sessions online to everyone seeking a way to stay fit during these difficult times.</p> <p>Group calls via Zoom, three times a week, for 15 minutes ahead of each session to keep participants in touch with us and each other, and to hear thoughts on the sessions.</p> <p>New 45-minute sessions will be posted each week at the following times: Mondays 11-11:45am Tuesdays 2-2:45pm</p>	<p><a href="http://www.FitForGood.com">www.FitForGood.com</a></p>



	<p>Fridays 11-11:45am</p> <p>Each session will be preceded by a 15-minute Zoom group call session:  Mondays 10:45am  Tuesdays 1:45pm  Fridays: 10:45am</p> <p>Once the sessions are online, participants can of course do them whenever they wish, they don't have to adhere to the schedule above unless they would also like to participate in the Zoom calls.</p>	
Ageing Well	<p>Ageing Well have compiled an up to date list of local and national information to support people.</p> <p>The PDF for Get Up &amp; Go is also on the website.</p>	<p><a href="http://ageingwellbh.org/">http://ageingwellbh.org/</a> <a href="https://twitter.com/AgeingWellBH">https://twitter.com/AgeingWellBH</a>  <a href="https://www.facebook.com/ageingwellbh">https://www.facebook.com/ageingwellbh</a>  <a href="https://www.csp.org.uk/publications/get-go-guide-staying-steady-english-version">https://www.csp.org.uk/publications/get-go-guide-staying-steady-english-version</a></p>
Albion in the Community	<p>Support now offered online and still open to new referrals  We want to let you know that here at Albion in the Community we are continuing to provide support to people who have, or have recently had, cancer, via our Brighter Outlook project.</p> <p>Although we have had to temporarily postpone our group sessions, we are still offering free specialist physical activity support to anyone</p>	<p><a href="https://www.albioninthecommunity.org.uk/">https://www.albioninthecommunity.org.uk/</a></p>



living with and beyond cancer. Our experienced cancer rehabilitation coaches will continue to help people get active and remain active.

Much of that support has now moved online, with some one-to-one support also being offered via telephone.

Examples of that support include:

Simple video tutorials uploaded to YouTube which people can follow at home. So far we've added our Seated warm up and Seated exercise session. They're designed specifically for people impacted by cancer and we'll be adding more each week and sending links to all the people we work with.

We've started holding live Brighter Outlook physical activity sessions online via Zoom, with people invited to join private group sessions. These are a great way to help people stay active but also provide that important peer support at a time when people are increasingly isolated.

Our team has also emailed out written exercise programmes to participants for them to follow, as well as sharing links to other online resources.



Clients are also still having their regular one-to-one assessments either online or over the phone.

Importantly, our coaches are also regularly checking in with clients to see how they, what challenges they are facing, and what additional support they may need.

Why are we sharing this all with you? Well, the good news is we are still taking referrals.

Our team is able to carry out initial meetings with potential new clients via Zoom, meaning you can still refer people to our service.

They can also self-refer by completing a simple form on our website or by emailing us at: [brighter.outlook@albioninthecommunity.org.uk](mailto:brighter.outlook@albioninthecommunity.org.uk) or calling 01273 668591.

Our friends at Brighton & Hove Albion recently published a story on the football club's website about how Brighter Outlook was adapting to continue to provide support. You can read that by clicking on the button below.



Body Happy Gym (Lewes)	They are offering a 2 week free trial, then there is unlimited access to classes (live and recorded), workout programmes and nutrition support from local partners on stress management, posture, mindset, injury prevention for £19 per month.	<a href="http://www.body-happy.co.uk/online">www.body-happy.co.uk/online</a>
Health Driven	Each week, Heidi will be broadcasting live classes for you to join in with at home!  All you need is a computer, tablet or phone and you can follow your favourite Health Driven classes in the comfort of your home (you could even do it in your PJs if you wish!).	<a href="https://www.healthdriven.co.uk/online-classes">https://www.healthdriven.co.uk/online-classes</a>