

Are you **over 70**, or living with a condition that has meant you are **advised to remain at home** for an extended period during these uncertain times?

For those who are having to stay at home this is likely to result in being less active than usual. Being less active may mean you lose some **fitness** and **strength**, not to mention the affect being inactive can have on your **mental health**.

If you are not able to be as active as usual then these simple exercises may help to keep your muscles strong and awake. This is particularly important if you have some difficulty with strength and mobility already.

Please take a look and see if some of them may help you. Remember that these are just a few ideas and may not be suitable for everyone. Try and do them at least once a day, along with walking and keeping as active as you can during this difficult period.

If you have any questions please get in touch and we will do our best to offer some support.

