PRACTICE BEING MINDFULLY ACTIVE DURING SELF-QUARANTINE AND BEYOND!

Booklet 3

Life is all about balance

INMED South Africa
During this period of self-quarantine, being physically active, is crucial for health, particularly in times when the immune system might need to fight back.

The WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space.

Stay physically active while at home!

Make exercise fun!

- Physical activity is an important part of a healthier lifestyle.
- Make sure to enjoy the type of exercise you do this can help you achieve your goal of living a healthier life.
- Find an exercise routine that you truly enjoy. This will also help support your mental and emotional health.
- Exercise should feel rejuvenating and enjoyable!
- Listen to music while you exercise.
- Find exercises you enjoy e.g. walking, cycling, yoga, dancing, ballet.
- Make sure you exercise regularly and consistently.

REMEMBER
include your family in your workout!!
TAKE SHORT ACTIVE BREAKS DURING THE DAY

- **Short bouts of physical activity**
  add up to the weekly recommendations. Dancing, rope skipping, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.

- **Stand up.**
  Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing.
Take advantage of the wealth of online exercise classes.

Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.
Walk.
Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.
EXAMPLES OF AT-HOME FITNESS BREAKS

- Desk Push-Ups
- Tricep Dips
- Chair Press-Ups
- Calf Raises
- Jumping Jacks
- High Knees
- Squats
- Lunges
- Diagonal Knee Lift

- You may use the suggested exercises as inspiration to be active every day.
- If you have no experience performing these exercises, be cautious and aware of your own limitations.

**Warning:**

This guidance is intended for people in self-quarantine without any symptoms or diagnosis of acute respiratory illness. It should not replace medical guidance in case of any health condition.
While standing, position yourself a few feet from your desk.

Keep your feet together.

Then, put your palms on the edge of your desk, about a shoulder width away from each other.

Lower down to the edge of the desk and push back to the starting position.

As you increase your strength, see if you can do 15 reps in a row.

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Position your hands shoulder-width apart on a secured bench or stable chair.

Slide your butt off the front of the bench with your legs extended out in front of you.

Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.

Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.

Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. This completes one rep.

Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.

Do 15 to 20 reps per set and aim to do two to three sets.
The chair pushup is an upper body functional exercise that targets the chest, triceps, and core, while increasing strength and endurance. ... Brace core and press your hands into the sides of the chair, while you drive your body upwards back to the starting position.

Do 15 to 20 reps per set and aim to do two to three sets.

Stand on the edge of a step.

Or, if you have a step-aerobics platform, place two sets of risers underneath the platform.

Stand tall with your abdominals pulled in, the balls of your feet firmly planted on the step, and your heels hanging over the edge.

Rest your hands against a wall or a sturdy object for balance.

Raise your heels a few inches above the edge of the step so that you’re on your tiptoes.

Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles.

Do 15 to 20 reps per set and aim to do two to three sets.

Chair Press-Ups

Stand tall with your abdominals pulled in, the balls of your feet firmly planted on the step, and your heels hanging over the edge.

Rest your hands against a wall or a sturdy object for balance.

Raise your heels a few inches above the edge of the step so that you’re on your tiptoes.

Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles.

Do 15 to 20 reps per set and aim to do two to three sets.
Begin by standing with your legs straight and your arms to your sides.

Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.

Jump again, lowering your arms and bringing your legs together. Return to your starting position.

Do 15 to 20 reps per set and aim to do two to three sets.

Place your feet at hip distance with the toes pointing slightly outwards.

Bend the knees as much as feels comfortable, keeping the heels on the ground and the knees over (not in front of) the feet.

Bend and stretch the legs.

Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

This exercise strengthens your legs and glutes.

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Do 15 to 20 reps per set and aim to do two to three sets.

High Knees

- Stand with your feet hip-width apart.
- Lift up your left knee to your chest.
- Switch to lift your right knee to your chest.
- Continue the movement, alternating legs and moving at a sprinting or running pace.
- Do 15 to 20 reps per set and aim to do two to three sets.

Squats

- Place your feet at hip distance with the toes pointing slightly outwards.
- Bend the knees as much as feels comfortable, keeping the heels on the ground and the knees over (not in front of) the feet.
- Bend and stretch the legs.
- Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.
- This exercise strengthens your legs and glutes.

Jumping Jacks

- Begin by standing with your legs straight and your arms to your sides.
- Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.
- Jump again, lowering your arms and bringing your legs together. Return to your starting position.
- Do 15 to 20 reps per set and aim to do two to three sets.
**Lunges**

- Stand tall with feet hip-width apart. Engage your core.
- Take a big step forward with right leg.
- Start to shift your weight forward so heel hits the floor first.
- Lower your body until right thigh is parallel to the floor and right shin is vertical. It’s OK if knee shifts forward a little as long as it doesn’t go past right toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
- Press into right heel to drive back up to starting position.
- Repeat on the other side.
- Do 15 to 20 reps per set and aim to do two to three sets.

**Diagonal Knee Lift**

- Touch your knee with your elbow, lifting the knee to the side, alternating sides.
- Find your own pace.
- Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times.
- This exercise should increase your heart and breathing rates.
Mindful relaxation is an effective way to combat stress.

- It lowers blood pressure, pulse, respiration rate, metabolic rate, oxygen consumption and anxiety.
- It produces a greater sense of wellbeing.

5-Easy steps to help you achieve mindful relaxation:

1) Commit to an uninterrupted length of time each day (you might begin with five minutes and increase from there - aim for 20-minutes of relaxation once or twice a day).

2) Choose a quiet place. Turn off the television, radio, computer and cellphone.

3) Find a comfortable body position (you can sit or recline in a chair or sit on a cushion or mat on the floor - make sure you feel supported).

4) Focus on your breath flowing in and out.

5) Be in the moment and create a positive state of mind (as negative thought or worries enter your mind - let them float by like clouds in the sky).
Thank you.

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