

# Healthier Communities Gym Referral Programme



Due to the current circumstances, you are not able to attend the gym as part of the Healthier Communities Gym referral programme. However, we can provide some exercises for you to do at home!

This is a great opportunity to keep active, using the exercises below so that you are ready to continue your gym membership once the leisure centres re-open. Please click on the links below to see Seb, one of our Fitness Consultants at Five Rivers Health and Wellbeing Centre, demonstrate a range of exercises and progressions. Try a few individual exercises or take on the full class, but make sure you take it easy and build up slowly.



[Healthier Communities full class](#)



[Bodyweight squat](#)



[Burpee](#)



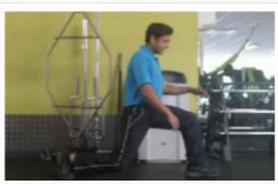
[Glute bridge](#)



[Plank](#)



[Press up](#)



[Lunge](#)



[Side lunge](#)



[Sit up](#)



[Sit up and reverse crunch](#)



[Tricep dip](#)



[Circuit](#)

We'd love to hear how you get on trying out some of the above exercises before you return to the gym.

Share any photos or videos via [healthiercommunities@wiltshire.gov.uk](mailto:healthiercommunities@wiltshire.gov.uk)

### **General exercises for the home**

We are lucky to have a large resource of online and TV content nationally we can access in our homes to stay active. Our favourite suggestions are below:

- Sport England Join the Movement Campaign: Sport England have a dedicated page of activities suitable for all ages. Activities can be performed at home or outside whilst adhering to the Governments safe social distancing guidelines [https://www.sportengland.org/stayinworkout/#join\\_the\\_movement](https://www.sportengland.org/stayinworkout/#join_the_movement)
- Sport England 10 Today: <http://www.sportengland/news/10-today-help-older-people-stay-active> The '10 Today' audio exercise routines have been designed to help older people stay active at home and will be available on demand through BBC Sounds and broadcast live on BBC Radio5 Live Sports Extra
- NHS Strength, balance and flexibility workouts: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/> The NHS recommend a range of activities and movements that can be performed whilst at home

## Extra support and information

Wiltshire Council has set up a dedicated hub to support the most vulnerable residents during the ongoing COVID-19 situation. People can get in touch with the hub via email at [wellbeinghub@wiltshire.gov.uk](mailto:wellbeinghub@wiltshire.gov.uk) or by calling 0300 003 4576. It's available from 8am - 6pm Monday-Friday and 10am - 4pm Saturday and Sunday.



Wiltshire Council has produced a corona virus community pack to give you guidance on how to stay safe and supported during this time.



Wiltshire Council has published a directory of community volunteer groups that have been set up throughout the county, in the wake of the ongoing COVID-19 situation.



Wiltshire Council has created an information pack for volunteer groups to help them support their communities during the ongoing COVID-19 situation.



Wiltshire Council has created an information pack with advice and guidance for parents to help support them during the ongoing COVID-19 situation. Click on the link for Schools, education and school closures on the A-Z list of services.



Please visit our coronavirus webpage to download any of the above packs:

<http://www.wiltshire.gov.uk/public-health-coronavirus>

**Princes Trust** - A team of youth workers and volunteers are still on hand through this challenging time to support young people. The phone lines, live chat and text service are open from 9am-9pm every day and the Coronavirus Support Hub is also available for advice and guidance. Please visit the website for more information and to download the COVID-19 Young People's action plan -

<https://www.princes-trust.org.uk/about-the-trust/coronavirus-response>

Remember to visit and like our social media pages to stay updated:



For more information please email us at [healthiercommunities@wiltshire.gov.uk](mailto:healthiercommunities@wiltshire.gov.uk)

