



**MANNINGHAM**  
UNIVERSITY OF THE THIRD AGE

## U3AM at Home

Article 1 – 6 April 2020

### STAYING FIT & WELL

We hope that none of you have succumbed to the dreaded COVID-19 virus and are coping in this period of isolation and social distancing. I know we have often said to each other *“what would we do without U3A?”* It is, indeed, a wonderful organisation which allows us to continue learning and experiencing an amazing number of different subjects and activities in the company of lots of new friends. Well, *now you are finding out.* For those of you who are having difficulty filling your time purposefully, use isolation as an opportunity to do things that you don't normally have time for, and try learning something new.

Although we are strongly advised to stay at home as much as possible, we **are** allowed and **encouraged to go outside and EXERCISE.**

It is so important to stay fit and active when in isolation. It is always harder to be motivated to “MOVE” when not in the company of others, and the home environment offers abundant opportunities to be sedentary - sitting or reclining!

**WALKING** is a perfect way to start exercising. This can be done around the garden, up and down steps or stairs, in a park, along a quiet street etc.- observing social distancing, of course!

This should be done regularly every day and more than once, depending on the distance you go and your level of fitness. Just enjoy your surroundings especially in this beautiful Autumn weather.

**Exercise can be done indoors in a small space with no special equipment** and as it is difficult to list a number of exercises in a meaningful way, we suggest that you access the website:

**HASfit.com (Heart & Soul fitness)**

**Click on WORKOUTS then select SENIOR**

There you will find exercise programs for older adults where 2 instructors - one seated and the other standing, go through the exercises with you, carefully explaining the purpose of each.

In these 4 video programs, each of which takes 20 - 30 minutes, attention is paid to the important elements of fitness - BALANCE, STRENGTH, ENDURANCE, FLEXIBILITY & MOBILITY & every part of your body will be involved.

You will be exercising with others and will feel great after you have completed each session. You are encouraged to work at your own pace (no pressure!) and set aside a time on 3-5 days each week to do one which suits.

*\*\*Anyone who is a regular exerciser can look through the different categories of exercise videos as this website offers a wide range of workouts for all ages and levels of fitness.\*\**

\*For those of you who **do not have access to the internet please read Sandra Marshall's article** to find details of exercises you can do.\*

During this period of "isolation" the main aim for everyone is to maintain good physical and mental health by **sitting less and moving more**. We hope you enjoy and feel the benefits from this regime and continue to make it a habit when everything returns to normal.

**PLEASE REMEMBER :**

**\*\*TAKE REGULAR SHORT BREAKS FROM SITTING OR RECLINING to walk around your home or garden. At least once every hour is recommended.**

**\*\*ANY ACTIVITY IS BETTER THAN NONE AT ALL.**

*PERHAPS THE IDEA OF KEEPING A DIARY OF WHAT YOU HAVE DONE EACH DAY WILL HELP WITH MOTIVATION.*

The Strength Training Tutors join me in saying **KEEP WELL AND KEEP ACTIVE.**

Best wishes to all.

**Moira Axtens**