

NFPCG

National Falls Prevention Coordination Group

Empowering local communities to prevent falls

Getting fit after the pandemic

Easy to read version For those with visual impairment



Do you have less energy since the coronavirus pandemic started?



It's been hard living through the pandemic.



You may have noticed that your energy levels are lower and you get tired more easily.



Everyday tasks may feel a bit harder and moving around may be more difficult.

You are not alone!



Many people have not been able to do as much physical activity since the pandemic started.



This is mainly because of things like the lockdown, people having to shield and working from home.



This means that you might not feel as fit and healthy.

Now the restrictions have ended lots of us are not doing as much as we were before.



This is sometimes called 'deconditioning'.

It may also have affected your mood, confidence and wellbeing.

It can happen when we become less active and mobile, on a daily basis.

Why should we all move more?



Not moving your body over time makes things harder like getting up out of your armchair, or going up the stairs.

The less you move, the less you feel like moving.



Using the stairs more often, getting up and walking about every hour and dancing to your favourite songs all count as activity.



You can build up other activities too like yoga and golf. These can help your strength and balance.



They can help us feel more stable and confident to keep doing the things that matter to us.

Why should we all move more?



Being more active every day can help you feel better, have more energy to work, carry on caring for others or doing your favourite hobby.

Top tips for doing more physical activity in your day



Start small and build up slowly.

Go back to an activity you used to enjoy before the pandemic.

You could ask a friend to join you, or join a local club or volunteer.



When you are travelling somewhere you could walk part of your journey.

Try getting off the bus one stop earlier and walk the rest of the way.



Try using stairs more often in a day instead of the lift or escalator.

When you take things upstairs, do a few trips rather than going up once.



Do some strength training every day. Activities that make your muscles feel warmer or tense will help to strengthen them.



We need strong muscles to carry on living independently, get out of the bath and to get up the stairs.



Try slowly getting up and sitting down 10 times in a row. You could also treat yourself to some ankle or wrist weights.

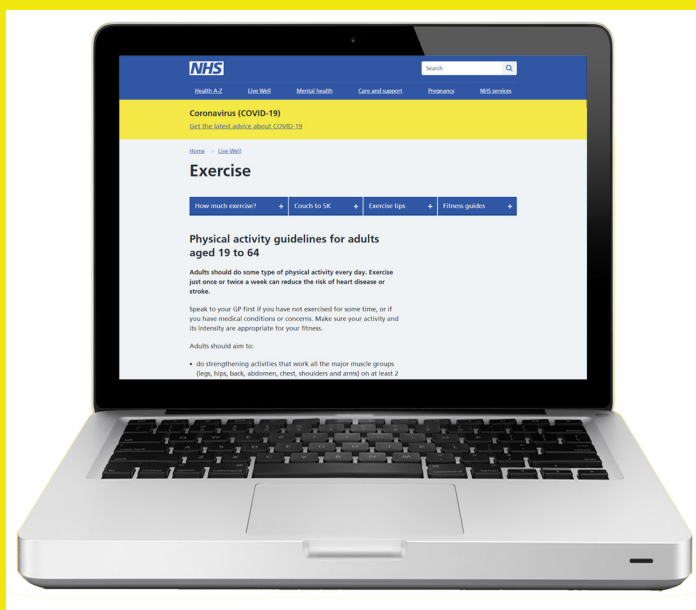


Finally, if you are struggling to move more and want to talk to someone try your local council's health and wellbeing coordinator.



You can also access a social prescriber or physiotherapist through your GP.

Online links to further advice and support

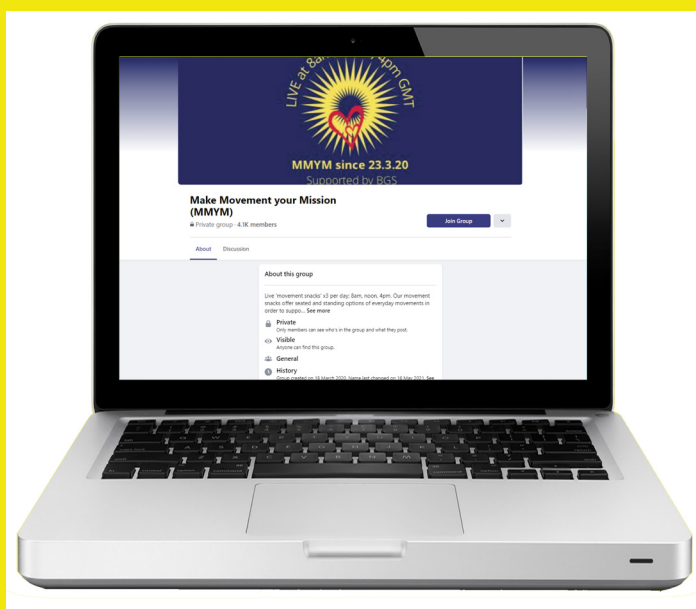


Strength and balance exercises you can try yourself at home:

<https://www.nhs.uk/live-well/exercise/>

<https://bit.ly/3G6hy68>

<https://bit.ly/3lrT27p>



Join Movement Snacks (10-15 minutes of a mix of seated and standing movements) on Facebook live at 8am, noon and 4pm daily

<https://en-gb.facebook.com/groups/MakeMovementYourMission/>



If you have had a fall or are worried about falls take a look at;

<https://fallsassistant.org.uk/>

This booklet written by the National Falls Prevention Coordination Group (and partners), is to get health and care systems working together across the UK to improve strength and balance, and physical activity in communities.



Scan QR code for audio



AGILE is a Professional Network physiotherapists working with older people.