



# You can do it

Being active and feeling better

Adapted Step Up Booklet

Version 2 | December 2020

# You can be active in lots of ways even if you can't go out much

Dancing  
Walking  
Cycling  
Housework  
Gardening

Do you like  
doing any of  
these things?





# YOU CAN DO IT!

Getting active is fun. It helps us to:

- ♥ Feel connected to people
- ♥ Have a laugh
- ♥ Feel better
- ♥ Get healthier
- ♥ Boost our mood



## Getting active

Everyone has to stay home more now but you can still be active and it can still be fun!

If we feel down, being active can help us feel better.  
Once you get going you will feel better.

Try it yourself.

Here are some ideas to help you get active

- ♥ Do short bursts of exercises at home
- ♥ Go online and join others exercising to youtube videos. Try Joe Wicks! Just do what you can. It's fun!
- ♥ Do some housework – clean out a cupboard
- ♥ Do some gardening
- ♥ Dance along to your favourite song
- ♥ Go for a walk
- ♥ Plan a nice dinner
- ♥ Bake a cake
- ♥ Do some arts and crafts
- ♥ Do a puzzle



If you share your house with someone it can be good fun to do things with them. If you live on your own, talk about what you're doing with people on the phone or online.



## Choose the things you like doing

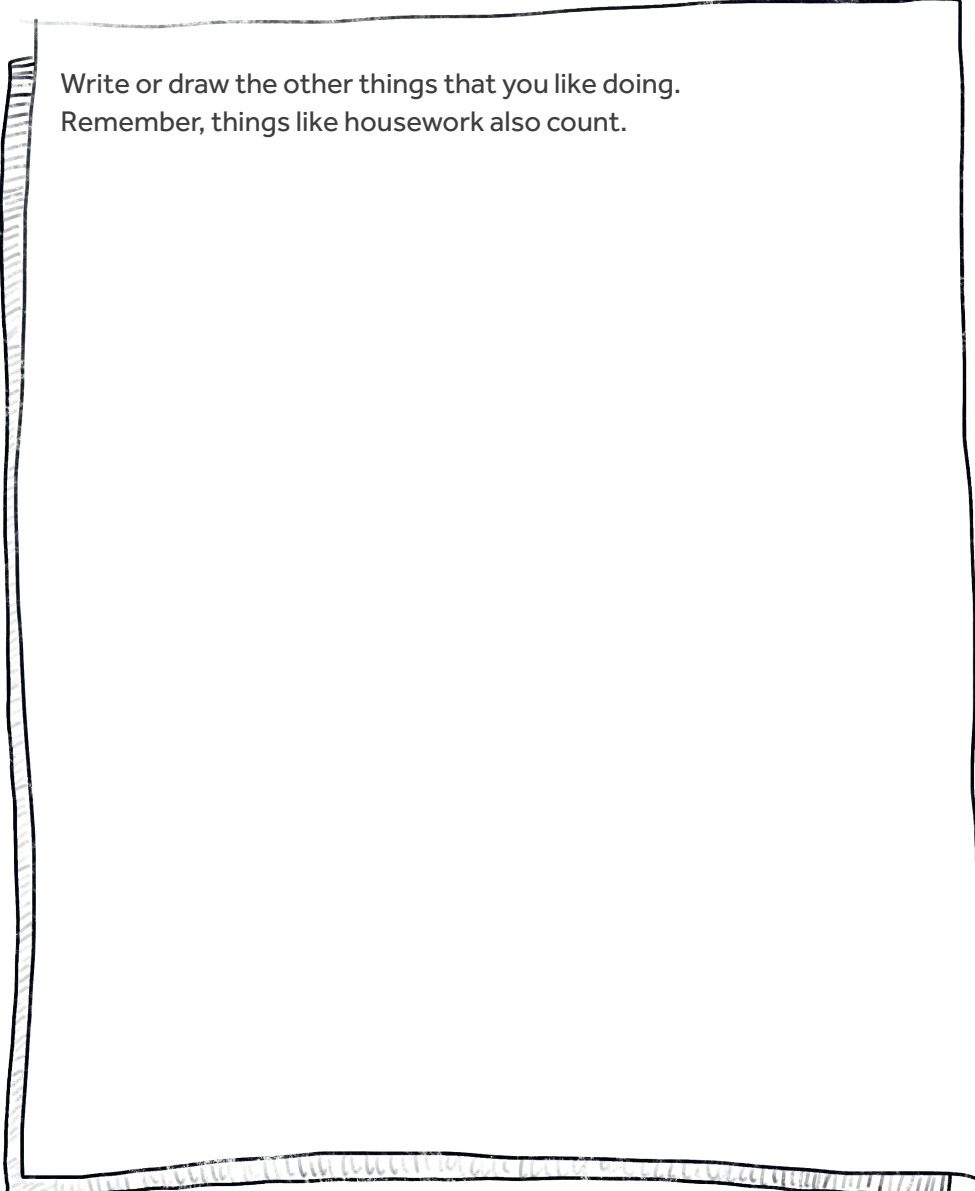
Tick the things you like doing.

Walking	
Gardening	
Housework	
DIY	
Cycling	
Doing a workout at home	
Dancing	
Playing board games or jigsaws	
Listening to music, or the radio	
Drawing or painting	
Making snacks, cooking or baking	
Listening to audiobooks or watching TV	

## Other things you like doing

Everyone likes different things.

Write or draw the other things that you like doing.  
Remember, things like housework also count.



## Being active can boost your mood

You can choose what type of exercise to do. Even going for a 10 minute walk can help you feel better.

Try to do some activity at least once a day. Once you feel a bit more confident, do a bit more activity.

Being active for 30 minutes, twice a day is a good target to aim for.

If you are shielding or have to self-isolate, you can still be active at home.





# Choose what you want to do

You decide what to do.

Being more active can be difficult to start with.  
We sometimes need support from other people.

Ask someone to help you. If you live alone maybe talk to someone on the phone about what you'd like to do. Try and do something active every day. Take it a step at a time. Build up slowly.

## Sue's Story

Sue used to go to a dance class twice a week. She loved it because of the dancing and also because she met her friend there. When it was cancelled because of coronavirus she was sad. But her friend phoned, and they agreed to dance in their separate houses and then phone each other to talk about their moves. But Sue got fed up doing this, so they joined an online dance class. Sometimes Sue finds it hard to keep going with the dance class, but once she starts dancing, she really enjoys it and she feels good afterwards. Sue also meets up with her friend outside when it's allowed.



## Things to do at home

There are lots of activities you can do at home, either on your own or with others.

If you live alone you can chat on the phone about what activities you're doing with a support worker, a family member or a friend. This can help you to keep active.

If you have the internet or a smart phone you could try some online exercise classes. Or look for other things to do online. Lots of people are doing this!

Or think of ways of helping other people, like giving a friend a call.

Remember you can still go out to go for a walk or to do some daily exercise.



## Being active will help you feel better.

Use this page to build a plan that works for you, try to do some activity at least once or twice a day. Choose things that you like to do and plan your own routine that you can try.



Tell yourself to give it a go!

**YOU CAN DO IT!**





## Helpful stuff to remember

Check you are wearing the right shoes and clothes.  
Warm up before exercising. Drink juice or water after  
being active.

Being active is not sport. Walking counts and so does  
housework, gardening and dancing. Anything that gets  
us moving is good for us.

30 minutes activity each day helps us stay healthy.  
Work towards that target.

Getting active is a challenge. Start off easy. Build up  
slowly. Take small, steady steps.

There are lots of new things to try.

Tell yourself to give it a go.





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**NHS**  
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