



COPING UNDER QUARANTINE; LET'S GET PHYSICAL





COUCH TO 5K

Running has many benefits on overall health, such as improving the health of your heart and lungs. Whether you're completely new to running or you just want to get more active, Couch to 5K is a free and easy way of getting fitter and healthier. The plan involves three runs a week (all of which you can use your one form of exercise for) with a day of rest in between, and a different schedule for each of the 9 weeks.

Running regularly can help you lose weight, especially when combined with a healthy diet. There is evidence to suggest that it may help increase bone density in some people, which can help protect against bone diseases like osteoporosis. There are also mental benefits of running. Taking on the challenge of Couch to 5K can help boost your confidence and self-belief, as you prove to yourself that you can set yourself a target and achieve a goal. Running regularly can also be a great stress reliever and has even been shown to combat depression, as breathing in fresh air reduces oxygen which boosts serotonin – our 'happy' chemical.

Running requires little equipment, so is perfect for lockdown as you don't really need to go out and purchase anything! A good pair of running shoes that suit your foot type may help improve comfort, and you can order these online if you see fit!

Download Couch to 5K to get started!



WALKING

Despite having strict lockdown rules in the UK, the government have granted us with the freedom to leave the house for one form of exercise a day. Walking is one of the easiest ways to get more activity into your day, lose weight and become much healthier.

Research shows that people who fit moderate activity, such as walking, into their daily life burn more energy than those who make weekly visits to the gym. This shows that you don't have to become inactive and unfit during quarantine just because you can't go to your local gym anymore.

You don't have to walk for hours to stay fit, a brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. Walking briskly can help build stamina, burn excess calories and make your heart healthier.

To help maximise physical and mental wellbeing, go for a walk before your working day is due to begin. In line with keeping up a routine, you could utilise 'walking-to-work' by leaving your house, going for a walk and returning home/'arriving at work' to start your working day in place of what was your daily commute.

If your fitness levels aren't very high, you can start small with a slower pace and build up your endurance over time.



STRENGTH & FLEX WORKOUTS

Strength and Flex is a 5-week plan consisting of a series of equipment-free exercises designed to improve your strength and flexibility.

The workout instructions and pace are easy to follow to make sure you perform each exercise correctly and in time. Strength and flex will help you achieve your recommended 2 weekly sessions of strength training.

Strength and Flex is ideal during isolation because:

- It is equipment free
- It is easy to follow
- It is a full body workout
- It features how-to video clips
- It can be done anywhere, anytime
- It can be used with Couch to 5K

All you need is enough space to walk about freely, a fixed bench, a wall and either some shoulder-height railings or a shoulder-height horizontal bar. This means you have a chance to get really creative during lockdown to try and find substitutes for these around the house and in the garden, but make sure whatever you use is 100% safe. There are video clips of all the exercises in this series, so you can check you're doing each move safely and effectively.

To exercise, wear something that's loose and comfortable in a breathable material, like cotton, and pick shoes that offer support and cushioning.



CYCLE-TO-WORK ...KIND OF

Cycling to work is one of the easiest ways of fitting exercise into your day. However, given the current situation most people are working remotely. That's not to say you can't simulate a 'cycle-to-work' by leaving your house at a suitable time before you are due to start working, and cycle round your area for the same time it takes you to commute (as long as this is reasonable) and then arrive back at home/'work.'

Regular cycling can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.





STAIR CLIMBING

If you're looking for an easy way to add more activity into your day from home, utilise the stairs in your house. Stair climbing burns more calories per minute than jogging and counts towards your recommended 150 minutes of weekly exercise.

Normally, it is recommended to take the stairs over lifts and escalators where possible in your day to day life, but understandably this is hard when stuck at home all day. Try and work out how many times you would take the stairs at work/every day and implement this into your routine using the stairs in your house.

If you live in a flat block, utilise any stairs in the building but do so considerately to your neighbours and try not to touch rails. If you need to for support, make sure you wear gloves. Check current government guidelines for leaving your flat.

If you live in a bungalow/a building with no access to stairs, you could purchase a stair climber for your home. They come in a range of sizes meaning that they don't have to take up a lot of room in your house.

Research shows that regularly walking up stairs is good for strong bones, cardiovascular fitness and weight management. It's also a safe, low-impact exercise that requires little to no equipment.



HOME EXCERSISES

Burn calories, lose and maintain weight and feel amazing with a selection of NHS approved equipment-free home workout routines, including:

- **10-minute home workouts** to improve your general fitness and tone your tummy, legs, arms and buttocks.
- Take it up a notch with NHS selected **gym-free workouts** to improve cardiovascular health, strength and general fitness.

If you're looking for something less energetic, try:

- **Sitting exercises**
- **Strength exercises**
- **Balance exercises**
- **Flexibility exercises**



SKIPPING

Skipping is the perfect quarantine exercise if you have access to a garden!

Just a few minutes of skipping brings a range of health benefits, including heart and lung fitness, stronger bones, balance and flexibility. The average person will burn up to 200 calories during 15 minutes of skipping.

Skipping is a strenuous exercise, so start slowly at first. As your fitness improves, you can increase the time you spend skipping. Once you have perfected the basic moves, you can make your workout more interesting by trying different jumps.



ONLINE WORKOUT CLASSES

- Free Yoga & Barre with FLY LDN: 45-minute sessions – free via Instagram Live @fly_ldn
- Chris Hemsworth's Centr App: 6 weeks free – sessions last between 20-40 minutes. Offer ends 31st march (prices typically from £7.83 a month)
- Free bodyweight workouts from Gymshark - Gymshark App
- Free full body workouts from Barry's Bootcamp – 30-minute free sessions via Instagram Live @barrysuk
- 7 days of free digital classes with Core Collective – six digital classes from 5-45 minutes. Free trial is 7 days and is £9.99 per month after that.
- Free Instagram lives from Orangetheory Fitness - @OrangeTheoryLondon
- Free at-home boxing-based workouts with KOBOX – via instagram live @kobox
- Free party-style workouts from FRAME – free mini workouts via instagram live @moveyourframe

WHO ARE HIVE360?

Hive360 empowers businesses of all sizes to achieve better engagement with their people.

We believe that everyone deserves the best work-life experience and that great communication, wellbeing support and financial benefits are the cornerstones of this.

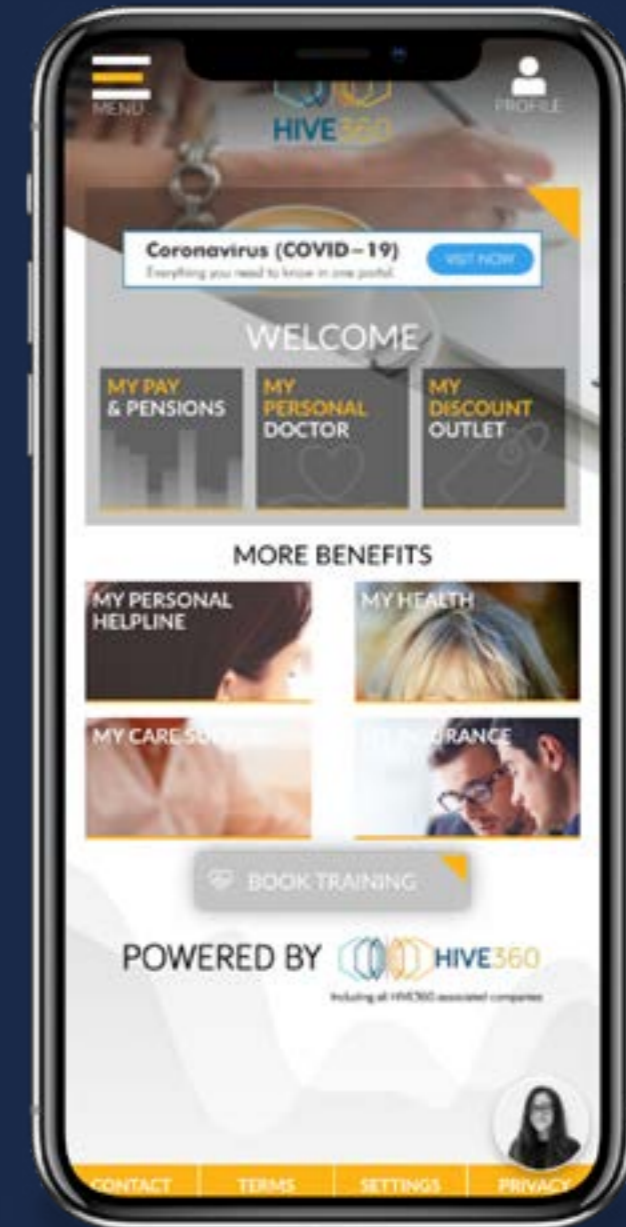
Our game-changing engagement platform delivers better communication, vital healthcare support and attractive lifestyle benefits in the palm of your hand.

We hope this resource has helped you, if you need any further resources around mental and physical wellbeing, please visit our

[Business continuity and keeping your employees engaged through Covid-19](#)

page on our website, you will find everything we offer our clients employee's there, for free during this time. We hope you get some comfort and value from these.

Stay safe, stay healthy, stay at home.





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