

PRACTICE BEING MINDFULLY ACTIVE DURING SELF-QUARANTINE AND BEYOND!

Booklet 3



Life is all about balance



BEING MINDFULLY ACTIVE

2

During this period of self-quarantine, ***being physically active, is crucial for health, particularly in times when the immune system might need to fight back.***

The WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space.



Stay physically active while at home!

[*http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance](http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance)



Make exercise fun!

3

- ❖ Physical activity is an important part of a healthier lifestyle.
- ❖ Make sure to enjoy the type of exercise you do this can help you achieve your goal of living a healthier life.
- ❖ Find an exercise routine that you truly enjoy. This will also help support your mental and emotional health.
- ❖ Exercise should feel rejuvenating and enjoyable!
- ❖ Listen to music while you exercise.
- ❖ Find exercises you enjoy e.g. walking, cycling, yoga, dancing, ballet.
- ❖ Make sure you exercise regularly and consistently.



REMEMBER
include your family in your workout!!



TAKE SHORT ACTIVE BREAKS DURING THE DAY

4



- ❖ **Short bouts of physical activity** add up to the weekly recommendations. Dancing, rope skipping, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.

- ❖ **Stand up.**

Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing.





- ❖ ***Take advantage of the wealth of online exercise classes.***
- ❖ Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.



❖ Walk.

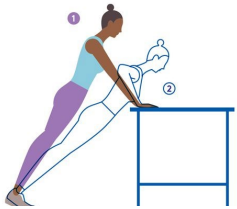
Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.



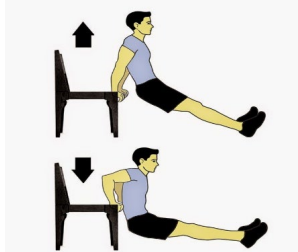
EXAMPLES OF AT-HOME FITNESS BREAKS

7

Desk Push-Ups



Tricep Dips



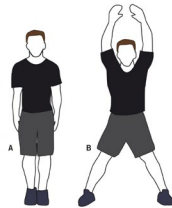
Chair Press-Ups



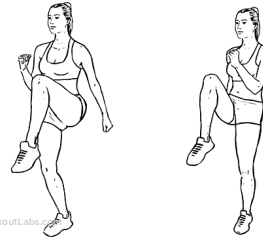
Calf Raises



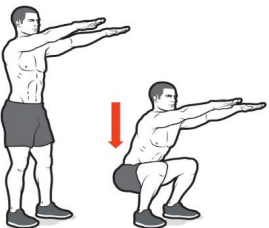
Jumping Jacks



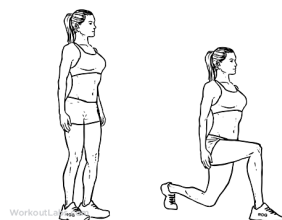
High Knees



Squats



Lunges



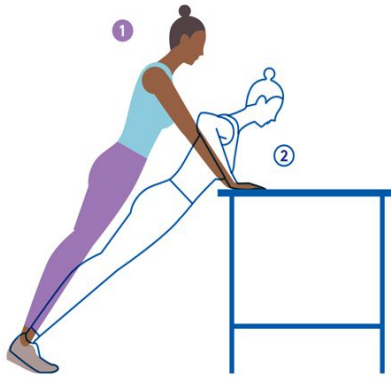
Diagonal Knee Lift



- ❖ You may use the suggested exercises as inspiration to be active every day.
- ❖ If you have no experience performing these exercises, be cautious and aware of your own limitations.

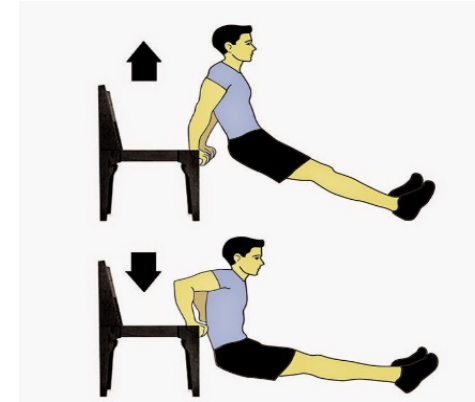
Warning:

This guidance is intended for people in self-quarantine without any symptoms or diagnosis of acute respiratory illness. It should not replace medical guidance in case of any health condition.



Desk Push-Ups

- While standing, position yourself a few feet from your desk.
- Keep your feet together.
- Then, put your palms on the edge of your desk, about a shoulder width away from each other.
- Lower down to the edge of the desk and push back to the starting position.
- As you increase your strength, see if you can do 15 reps in a row



Triceps Dips

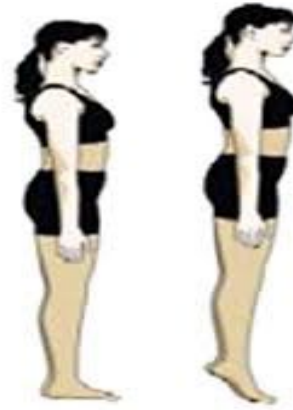
- Position your hands shoulder-width apart on a secured bench or stable chair.
- Slide your butt off the front of the bench with your legs extended out in front of you.
- Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.
- Slowly bend your elbows to lower your body toward the floor until your elbows are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, press down into the bench to straighten your elbows, returning to the starting position. This completes one rep.
- Keep your shoulders down as you lower and raise your body. You can bend your legs to modify this exercise.
- Do 15 to 20 reps per set and aim to do two to three sets.



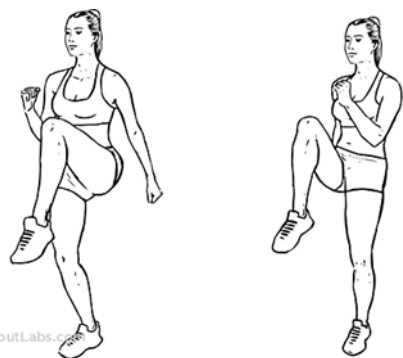


Chair Press-Ups

- ❖ The **chair pushup** is an upper body functional exercise that targets the chest, triceps, and core, while increasing strength and endurance. ... Brace core and **press** your hands into the sides of the **chair**, while you drive your body upwards back to the starting position.
- ❖ Do 15 to 20 reps per set and aim to do two to three sets

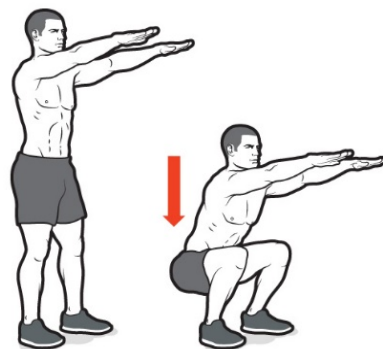


- ❖ Stand on the edge of a step.
- ❖ Or, if you have a step-aerobics platform, place two sets of risers underneath the platform.
- ❖ Stand tall with your abdominals pulled in, the balls of your feet firmly planted on the step, and your heels hanging over the edge.
- ❖ Rest your hands against a wall or a sturdy object for balance
- ❖ Raise your heels a few inches above the edge of the step so that you're on your tiptoes.
- ❖ Hold the position for a moment, and then lower your heels below the platform, feeling a stretch in your calf muscles.
- ❖ Do 15 to 20 reps per set and aim to do two to three sets



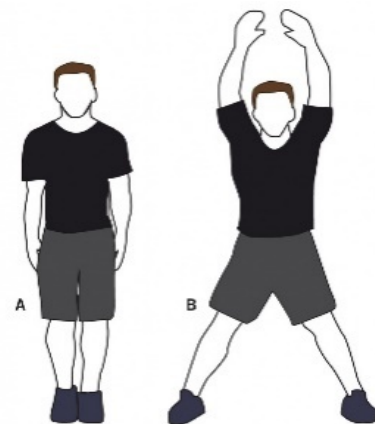
High Knees

- ❖ Stand with your feet hip-width apart.
- ❖ Lift up your left knee to your chest.
- ❖ Switch to lift your right knee to your chest.
- ❖ Continue the movement, alternating legs and moving at a sprinting or running pace.
- ❖ Do 15 to 20 reps per set and aim to do two to three sets



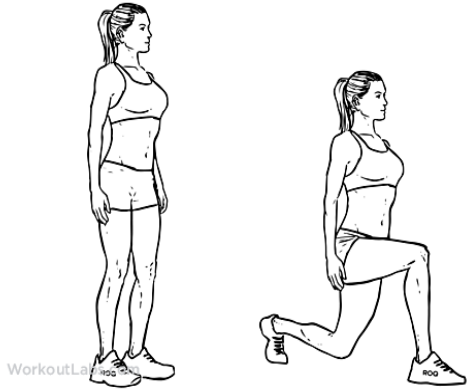
Squats

- ❖ Place your feet at hip distance with the toes pointing slightly outwards.
- ❖ Bend the knees as much as feels comfortable, keeping the heels on the ground and the knees over (not in front of) the feet.
- ❖ Bend and stretch the legs.
- ❖ Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.
- ❖ This exercise strengthens your legs and glutes.



Jumping Jacks

- ❖ Begin by standing with your legs straight and your arms to your sides.
- ❖ Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.
- ❖ Jump again, lowering your arms and bringing your legs together. Return to your starting position.
- ❖ Do 15 to 20 reps per set and aim to do two to three sets



Lunges

- ❖ Stand tall with feet hip-width apart. Engage your core.
- ❖ Take a big step forward with right leg.
- ❖ Start to shift your weight forward so heel hits the floor first.
- ❖ Lower your body until right thigh is parallel to the floor and right shin is vertical. It's OK if knee shifts forward a little as long as it doesn't go past right toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
- ❖ Press into right heel to drive back up to starting position.
- ❖ Repeat on the other side.
- ❖ Do 15 to 20 reps per set and aim to do two to three sets



Diagonal Knee Lift

- ❖ Touch your knee with your elbow, lifting the knee to the side, alternating sides.
- ❖ Find your own pace.
- ❖ Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times.
- ❖ This exercise should increase your heart and breathing rates.

TAKE TIME OUT TO RELAX AND REFLECT

12

- ❖ **Mindful relaxation** is an effective way to combat stress.
- ❖ It lowers blood pressure, pulse, respiration rate, metabolic rate, oxygen consumption and anxiety.
- ❖ It produces a greater sense of wellbeing.

5-Easy steps to help you achieve mindful relaxation:

- 1) Commit to an uninterrupted length of time each day (you might begin with five minutes and increase from there - aim for 20-minutes of relaxation once or twice a day).
- 2) Choose a quiet place. Turn off the television, radio, computer and cellphone.
- 3) Find a comfortable body position (you can sit or recline in a chair or sit on a cushion or mat on the floor - make sure you feel supported).
- 4) Focus on your breath flowing in and out.
- 5) Be in the moment and create a positive state of mind (as negative thought or worries enter your mind - let them float by like clouds in the sky).





Thank you.

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