

Bite-size

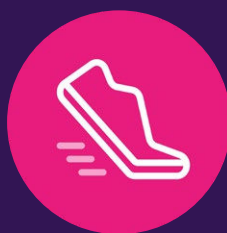
physical activity ideas

Here are some simple, bite-size physical activity ideas that can fit into a busy day. Even 1–5 minutes at a time can help break up long periods of sitting and contribute to your overall activity.



Desk stretches

Help relieve muscle tension, and support circulation and focus.



Outdoor movements

A routine to work your legs and upper body.



10 min workout

Body coach, Joe Wicks, takes you through a full body workout.



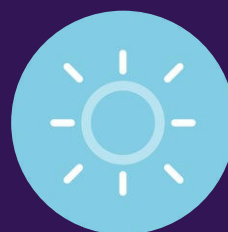
Wheelchair workout

Ade Adepitan, a Paralympic medallist, shares a cardio workout for outdoors.



Strength & resistance

The NHS provides access to a library of videos to help you get stronger and more toned.



2 min energiser

Motivational speaker, Lizzie Williamson, shares a routine to help you start the day.

Please note: If you have any medical conditions, injuries, concerns, or new symptoms, seek professional medical advice before starting any new exercise or stretching routine.

Further support

[NHS](#) - Further ideas about different ways to exercise.

[Couch to Fitness](#) - Bitesize exercise ideas.

[Carers UK](#) - Physical activity and wellbeing videos.