

PHYSICAL ACTIVITY IDEAS

Only exercise with people from your household and keep a 1.5 metre distance from others

ONLINE

OLDER ADULTS

- ESSA Exercise Right-
 - falls prevention
 - mobility
 - ball and chair workout
 - balance exercisesexerciseright.com.au/homeworkouts/
- Chair based exercises-
laterlifetraining.co.uk/wp-content/uploads/2011/01/Chair-Based-Exercise_Cambridge.pdf
- Move my way- VicHealth
movemyway.com.au/
- Easy Tai Chi for Seniors
youtube.com/watch?v=pa_I5NAOW4k&feature=youtu.be

ADULTS/YOUTH

- ESSA Exercise Right-
 - desk workout, working from home
 - yoga
 - full body workoutexerciseright.com.au/homeworkouts/
- Voyage Fitness Livestream - Swan Hill-
Search on Facebook
- Move my way- VicHealth -
movemyway.com.au/
- Ride Guide-
Bikes & Trikes Swan Hill website

OFFLINE

SPELL YOUR NAME- DO THE WORKOUT

- | | |
|----------------------------|----------------------------|
| A: 10 push ups | N: 5 sets of stairs |
| B: 1k jog | O: 20 leg raises |
| C: 10 squat jumps | P: 1 min plank |
| D: 20 burpees | Q: 30 star jumps |
| E: 10 squats | R: 2 min skipping |
| F: 20 star jumps | S: 20 burpees |
| G: 20 lunges | T: 30 sec plank |
| H: 1 min sprint | U: 15 squats |
| I: 45 sec plank | V: 15 push ups |
| J: 3 sets of stairs | W: 20 sit ups |
| K: 10 burpees | X: 20 squat jumps |
| L: 20 squats | Y: 2 min plank |
| M: 2 min plank | Z: 10 lunges |

TRY MAKING YOUR OWN VERSION!

EVERYONE

- Walk around the block
- Go for a run
- Bike ride
- Jump rope
- Put some music on and have a dance
- Garden
- Take the dog for a walk or play with it in the backyard
- Stretch
- Body weight exercises
- Walk up and down stairs if you have any nearby

FOR MORE INFORMATION:

Health Promotion | Swan Hill District Health

Phone: (03) 5033 9337 | Email: hpreception@shdh.org.au

Web: <https://eatmovesmile.shdh.org.au/> | Instagram & Facebook: eatmovesmile



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FAMILIES/CHILDREN

ONLINE

- ESSA Exercise Right-
 - Mums and Bubs workout
 - Hungry Hippo Kids workoutexerciseright.com.au/homeworkouts/
- Voyage Fitness Livestream - Swan Hill-
 - Kid friendly workouts availableSearch on Facebook
- Move my way- VicHealth-movemyway.com.au/
- Ride Guide-
Bikes & Trikes Swan Hill website
- Go Noodle-
 - Dancing and physical activity clipsgonoodle.com
- Cosmic Kids-
 - Yoga moves and stories for kidscosmickids.com
- Geelong Football Club-
 - Mindful Moments and Brain Break Cards<https://www.geelongcats.com.au/experience/community/resources/>

OFFLINE

- Walk, run or bike ride
- Jump rope
- Walk up and down stairs if you have any nearby
- Body weight exercises
- Put some music on and dance
- Garden
- Take the dog for a walk or play with it in the backyard
- Go on a bear hunt around the block (people are putting teddy bears in windows to spot)
- Trampoline
- Play a game in the backyard, soccer, football, tiggy, etc.
- Go on a scavenger hunt or create an amazing race

SPELL YOUR NAME- DO THE WORKOUT

- | | |
|---|---|
| A: jump up and down 10 times | N: Pick up a ball without using your hands |
| B: spin around in a circle 5 times | O: walk backwards 50 steps |
| C: hop on one foot 5 times | P: walk sideways 20 steps |
| D: run to the nearest door and back | Q: crawl like a crab for a count of 10 |
| E: walk like a bear for a count of 5 | R: walk like a bear for a count of 5 |
| F: do 3 cartwheels | S: bend down and touch your toes 20 times |
| G: do 10 jumping jacks | T: pretend to pedal a bike with your hands for a count of 17 |
| H: hop like a frog 8 times | U: roll a ball using only your head |
| I: balance on your left foot to the count of 10 | V: flap your arms like a bird 25 times |
| J: balance on your right foot to the count of 10 | W: pretend to ride a horse for a count of 15 |
| K: march like a toy soldier to the count of 12 | X: try and touch the clouds for a count of 15 |
| L: pretend to jump rope to the count of 20 | Y: walk on your knees for a count of 10 |
| M: do 3 somersaults | Z: do 10 push ups |



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