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| **Resources for exercise and physical activity** |

IPTOP (**International Association of Physical Therapists working with Older People**) have compiled this resource to help you with promoting physical activity and exercise with older adults during the COVID-19 pandemic and beyond.

Thank you to everyone from our member organisations to those on social media who suggested ideas for this resource. We hope it will be a one stop shop for you to look at to get a variety of ideas in a range of formats to allow you to highlight these generally or to patients you are responsible for. We have not reviewed the content of any of these suggestions and are not responsible for the links or information contained in them.

If you have other suggestions, then please send them to [secretary@iptop.wcpt.org](mailto:secretary@iptop.wcpt.org) as this will be a live document updated when necessary

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| Live exercise options | |
| Make Movement your Mission | <https://www.facebook.com/groups/138533120904126/>  Daily from Mon 23rd March at 8am, 12pm, 4pm (UK time) |
| Age and Opportunity | <https://m.facebook.com/AgeandOpportunity/>  See page for dates and time |
| Siel Blue Ireland | <https://www.facebook.com/SielBleuIreland/>  Facebook live at 11am and YouTube for Care homes at 2pm (Ireland time) |
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| Online videos or exercise information | |
| **NHS inform website** | <https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises> |
| **10 today** | <https://10today.co.uk/tune-in/>  10 minutes of exercise daily |
| **Farseeing videos** | <https://www.youtube.com/playlist?list=PLZbX08kMbpqdRYvDrSgMkK6FPNK82IVDq>  From the Farseeing EU project |
| **NHS strength exercises** | <https://www.nhs.uk/live-well/exercise/strength-exercises/> |
| **Seated exercise options** | https://www.nhs.uk/live-well/exercise/sitting-exercises/ |
| **The super six** | <https://www.cambridgeshireandpeterboroughccg.nhs.uk/easysiteweb/getresource.axd?assetid=15965&type=0&servicetype=1>  6 simple exercises for strength and balance |
| **CSP animation of the super six exercises** | https://vimeo.com/232010084 |
| **Up and about booklet** | <http://www.healthscotland.com/uploads/documents/23464-Up%20and%20about-Taking%20positive%20steps%20to%20avoid%20trip%20and%20falls-April%202019-English.pdf> |
| **The ‘I can’ exercise calendar** | https://media3.laterlifetraining.co.uk/wp-content/uploads/2020/03/LLT-Calendar-2020-Final.pdf |
| **Exercises for those with osteoporosis** | <https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis> |
| **Exercises for those with osteoporosis** | https://osteoporosis.ca/health-care-professionals/clinical-practice-guidelines/exercise-recommendations/ |
| **Zu Hause trainieren** | <https://www.sichergehen.ch/zu-hause-trainieren>  In German, Italian or French |
| **Go for Life** | <https://go4life.nia.nih.gov/> |
| **ExWell Medical** | <https://www.exwell.ie/resources> |
| **Be Fit for Life** | <https://twitter.com/ESCC255/status/1240010667748401152/photo/1> |
| **Finding Balance** | Resistance band exercises  https://findingbalancealberta.ca/wp-content/uploads/Resistance-Band-Exercises-DIGITAL2.pdf |
| **Tallaght University Hospital** | COVID19 aware exercises https://www.tuh.ie/Emergency-Services/Adult-Emergency-Department/COVID-19-Exercises-to-keep-you-moving.pdf |

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| Apps | For phones or tablets | |
| Otago exercise progamme |  | Falls prevention / strength and balance programme |
| Clock yourself |  | Balance and cognitive challenge exercises |
| iPrescribe Exercise |  | 12-week exercise plan based on health information entered by the user |
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| Advice pages | |
| Getting up off the floor | <https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall> |
| Falls advice | <https://fallsassistant.org.uk/> |
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