

# Exercise for adults...even at home

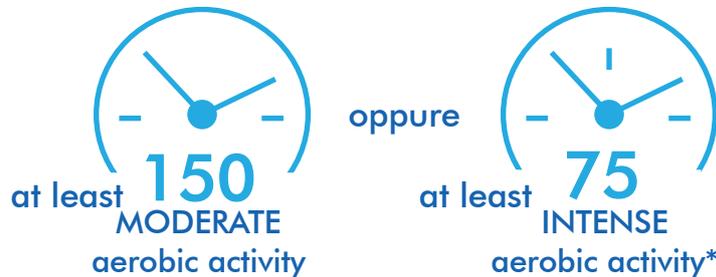
## For adults from 18 to 64 years old

Especially during the current epidemic of Covid-19, even adults have to pass days in their own homes occupying their time in activities which are often sedentary. In this period it is important to follow a regular programme with time dedicated to work, to house-keeping, reading, hobbies, playing with or otherwise interacting with one's children etc. without forgetting to take regular physical exercise. Physical activity helps to maintain good health, promotes psycho-physical wellbeing, improves sleep, one's mood and self-respect. It also helps one to cope with anxiety and frustration. To remain physically active, even at home, is a way to relieve tension and face up to the day calmly.

### How much physical activity is necessary per week?

#### AGE 18-64 YEARS

Total minutes per WEEK



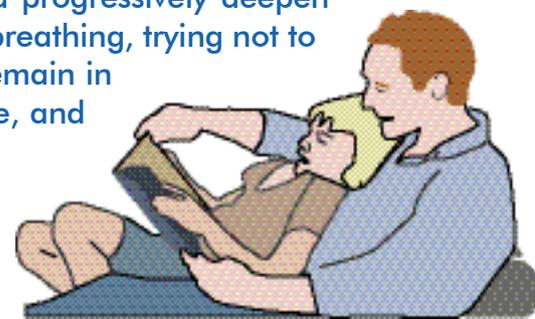
taken in sessions of at least 10 minutes each  
+

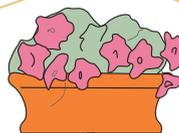
Strengthening the main muscles twice or more  
per week

\* Vigorous/intense physical activity: when breathing and heart beating are accelerated and can cause sweating (for example: running, jumping multiple times, dancing quickly)

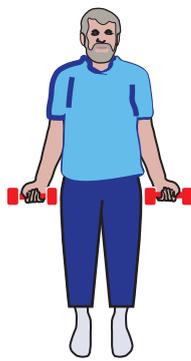
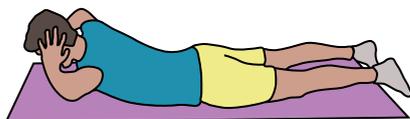
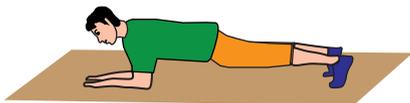
### Some general activities for this age group

- Free movement: dance, stretching
- Play and reading out loud with the children
- Board games and puzzles
- Domestic work and gardening
- Reading (also while walking, taking care not to fall)
- Use Internet to study or start activities, such as listen to audio books, subscribe to on-line courses, follow theatre productions, visit virtual museums, study a foreign language, learn to play an instrument, etc
- Every 30 minutes take a break for 2-3 minutes, stretch and if speaking on the phone, walk about.
- Seated meditation: sit comfortably on the floor with your legs crossed (alternatively, sit on a chair). Make sure your back is straight. Close your eyes, relax your body and progressively deepen your breathing. Concentrate on your breathing, trying not to focus on any thoughts or concerns. Remain in this position for 5-10 minutes or more, and try to relax and clear your mind.





## Some examples of physical exercises



### Stretching

- **Neck.** Flex the head back and forth through the center. Turn the head first to the right and then to the left passing through the center. Tilt your head first right and then left, passing through the center.
- **Chest and shoulders.** Standing. Bring your arms behind your back and interlace your fingers. Extend your arms and try to lift them a little, opening your chest forward.
- **Legs.** While seated, grasp the right knee and bring it to the chest. Repeat for the left leg. Standing, flex the right leg and bring the heel to the buttock by grasping the ankle. Repeat for the left leg. Standing, extend your right leg on a chair and try to grab the toe. Repeat for the left leg.

### Aerobic activity

- **Knee to elbow.** Standing, touch one knee with the opposite elbow, alternating sides.
- **Side knee lifts.** Standing. Touch your knee with your elbow, lifting the knee to the side, alternating sides.
- **Walking or running on the spot or on the condominium terrace.** (Make sure you keep at least one metre away from other people); walking or running on a treadmill, riding an exercise bike.

### Muscle-strengthening activity

- **Back extensions.** Lie on your front on the ground. Touch your ears with your fingertips and lift your upper body, keeping the legs on the ground. Lower the upper body again.
- **Squat.** Place your feet (at hip distance apart) 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. This exercise can also be done with the back resting against a wall.
- **Bridge.** Lie on your back on the ground. Plant your feet firmly on the ground with the knees over the heels. Lift the hips as much as it feels comfortable and slowly lower them again.
- **Flexing the biceps.** Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart. Keeping your upper arms by your side, slowly bend them, one after the other, until the weight in your hand reaches your shoulder. Slowly lower again.