

# Exercise, Fitness and Wellbeing at Home

## Sofa Workout

Repeat 3 times | up to 2min rest between sets  
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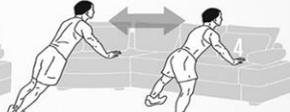
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

www.nhs.uk **NHS** choices

## Stairs Workout

Repeat 5 times | up to 2min rest between sets  
Walk up the stairs 3 times before every circuit  
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20 step taps  
alternating



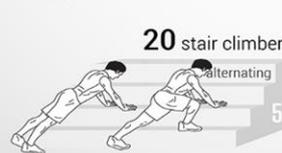
20 step-ups  
alternating



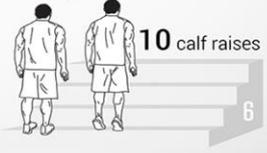
10 step jumps



10 split squats  
alternating



20 stair climbers  
alternating



10 calf raises

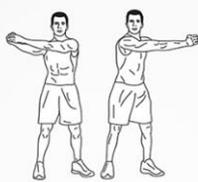
www.nhs.uk **NHS** choices

## standing abs

repeat 5 times | up to 2 minute rest between sets  
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20 knee-to-elbows



20 side-to-side chops



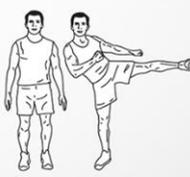
10 cross chops



20 high knees



20 twist jumps



10 side leg raises

www.nhs.uk **NHS** choices

## pillow workout

repeat 5 times | up to 2 minute rest between sets  
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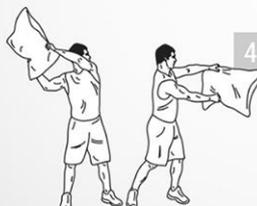
20 pillow presses



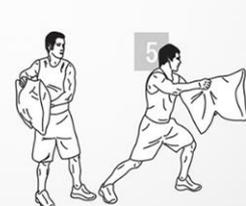
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges

www.nhs.uk **NHS** choices

# Exercise, Fitness and Wellbeing at Home

## 3 Mindfulness Exercises

Mindfulness is simply the act of being aware of our thoughts (I wonder what I will eat later), feelings (I am feeling a little anxious) and physical sensations (my hands feel warm).

By meditating we create some room around each of those things and in doing so we don't get carried away by any one sensation.

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### Mindful Eating

Mindful eating involves eating delicious food whilst carefully paying attention to our senses. Try noting and exploring the sensations of eating next time you sit down at the dinner table.

Look out for:

**Feelings** – take a moment to be grateful for the food.

**Sights** – look at the food on the plate. Notice the colours, textures, light or steam.

**Smells** – when eating, notice the aroma of the food.

**Tastes and textures** – is the food sour or sweet is it chewy or soft?

**Weight** – how heavy is it on the spoon or fork?

**Thoughts** – does the food bring about any thoughts or memories?

**Sounds** – does the food crunch, pop, slurp or fizz when we eat or drink it?

### Mindful Breathing (10 minutes)

In this exercise we sit down and pay attention to the sensations of the breath. By doing this we improve our concentration and calm the mind.

1. **Close the eyes** and pay attention to any **sounds** you can hear. (2 minutes)
2. **Scan** down your **body**. Starting from the top of the head ask yourself “what do I feel here”, notice the sensations (1 minute)
3. Bring the attention to the **breath**, wherever you feel it strongest (nose, chest or belly). Pay attention to the feelings associated with the breath in this spot. What do you feel here? Is there warmth and cold? What is different about each breath? (6 minutes)

Eventually you will become **distracted** from the breath, it is completely natural. All we can do is notice what has distracted us “Ah it was a day dream” or “Ah it was a sound outside” and then bring ourselves back the breath.

4. Bring your attention back to the feelings of the **body**. Notice gravity pulling you into your chair the back and legs against the chair. (30 seconds)
5. Notice the **sounds** inside and outside of the room (30 seconds)
6. Open your **eyes**

### Gratitude Exercise

Take a moment to sit and think about the people and things you are grateful for. Make a list of 5-7 of those things and then carefully investigate each item.

If you have said you are grateful for a family member, for example, see that person in your mind. How do you feel around them? What do they do to make you feel happier? How do you feel when they do that thing for you? Think about how happy you are that they exist. Now repeat this investigation with each item on your list.

### Apps to use

When first starting with meditation it can help to use guided meditations.

A popular app is [Headspace](#) which is currently offering a free “Weathering The Storm” pack of 20 meditations whilst the lockdown is in place.