

<p>A link which has a video, some exercises on it and a link to a poster which is about staying active at home. https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength</p>
<p>SMILE Videos (YouTube): (Simple Movements Improve Life Everyday) (Life Leisure)</p> <p>Seated https://youtu.be/taKHxEsXJlw https://youtu.be/x_X_uvjtaSk</p> <p>Standing https://youtu.be/6zQo7lumEsU</p> <p>Virtual timetable events will be put online https://www.lifeleisure.net/active-communities-team/smile/</p>
<p>I wish I'd tried (Life Leisure) Virtual timetable events will be put online https://www.lifeleisure.net/active-communities-team/i-wish-id-tried/</p>
<p>Some exercises in the Keep Well booklet https://greatermanchester-ca.gov.uk/coronavirus/support-and-advice-for-older-residents/</p>
<p>NHS PA for older people https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/ (there are PDF versions of the exercises in the 'Try These Exercise Routines' near the bottom of the page)</p>
<p>British Heart Foundation Exercises</p> <ul style="list-style-type: none"> • British Heart Foundation Strength exercises video • British Heart Foundation Resistant band exercises • British Heart Foundation Chair based exercises
<p>Older peoples exercise https://wakelet.com/wake/1ef43b0a-d285-4fd3-b697-b47321c8b374</p>
<p>Active at home booklet https://activelincolnshire.com/wp-content/uploads/2020/06/PHE-Active-at-Home-Booklet-Lincs-1.pdf</p>
<p>Exercise guides https://buzzmanchester.co.uk/movemore/exerciseguides</p>
<p>Walking https://www.stockport.gov.uk/walks-and-trails</p>

PARiS - <https://www.lifeleisure.net/health-wellbeing/exercise-referral/>

Stockport Active Ageing - <https://www.lifeleisure.net/active-communities-team/active-ageing-stockport/>