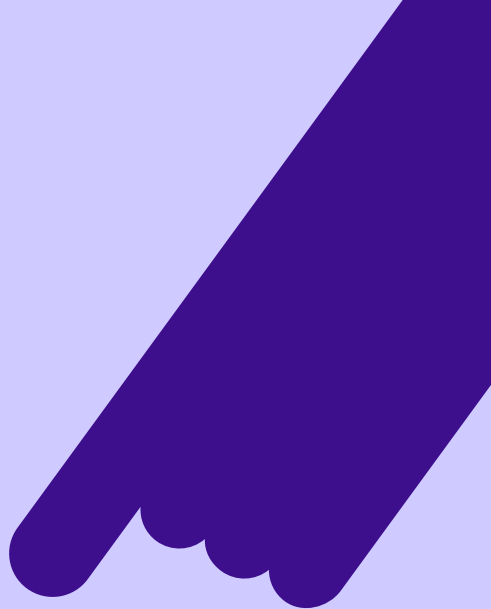


**CSSC**

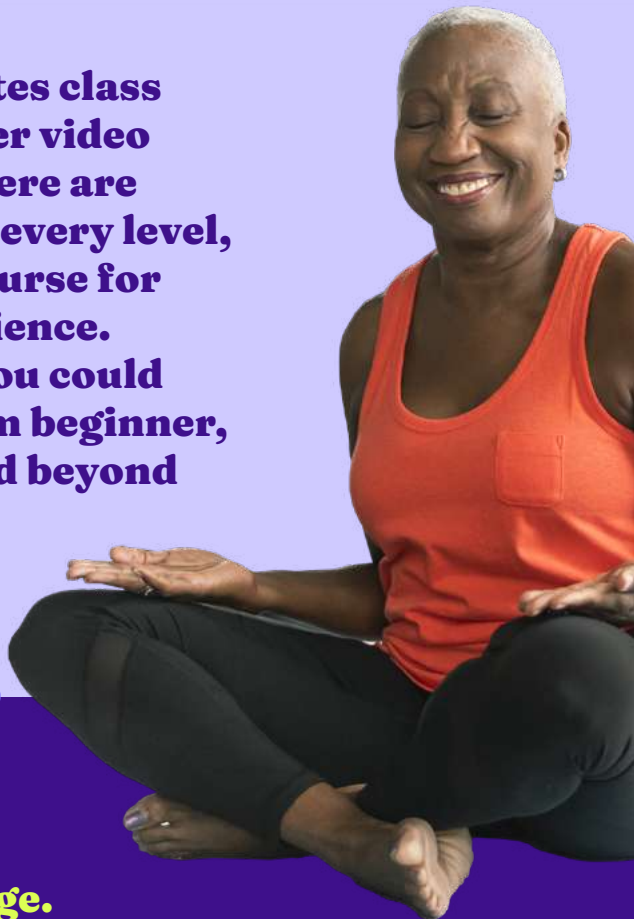
**Active  
Wellbeing**

**Top 10 tips<sup>s</sup> on  
getting active  
indoors**



## **TIP 1:**

**Find a yoga or Pilates class on YouTube or other video streaming site. There are loads out there for every level, so find the right course for your level of experience. To push yourself you could try to increase from beginner, to intermediate and beyond by the end of February.**

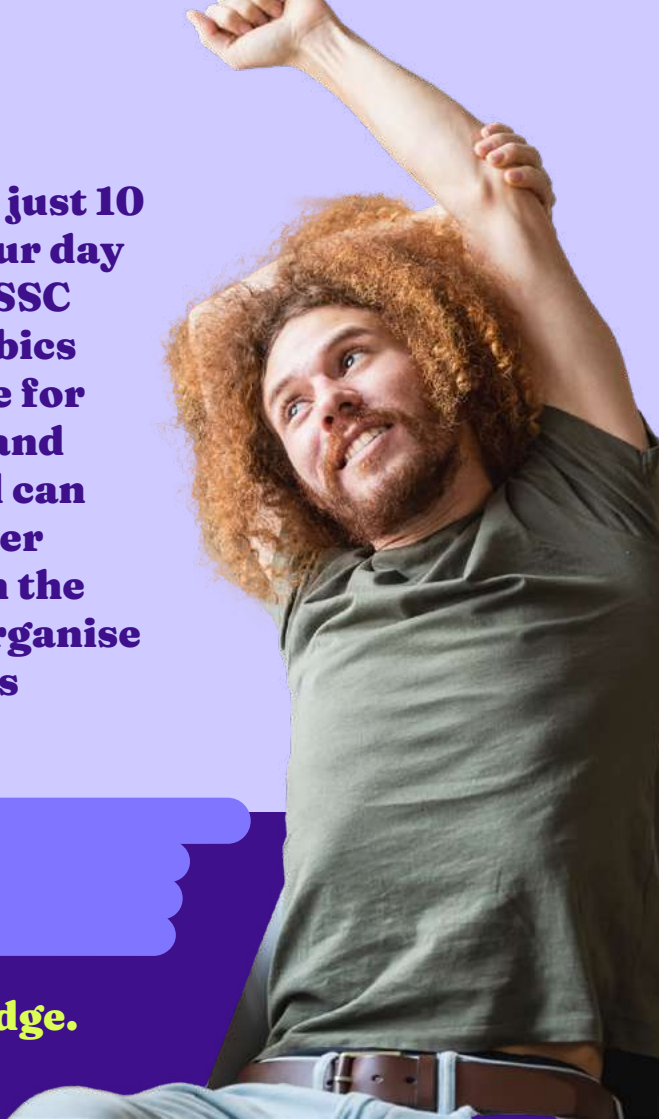


**Your Nudge to Budge.**

## **TIP 2:**

**Chairobics – Take just 10 minutes out of your day to complete the CSSC 10-minute chairobics video. It's suitable for all ages, abilities and fitness levels, and can be completed either at home or even in the office. Why not organise a group chairobics session at work?**

**Your Nudge to Budge.**



## **TIP 3:**

**Dancing is a great way to stay active in a fun way. You've heard the expression 'dance like nobody's watching' well, it's a great activity to do by yourself, or it can be even better with loved ones to your favourite music. Find a music video and copy the moves of your favourite performer.**

**Your Nudge to Budge.**



## **TIP 4:**

**We all hate housework but with a little creativity we can turn a chore into our advantage. Some light dusting requires stretching and simple movements. Even activities like washing dishes can keep you active. Don't worry if you have a dishwasher, you can save money, energy and water by pledging to hand wash all your dishes and cutlery wfor a month.**

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## **TIP 5:**

**Tidying up the garden, patio, or even window boxes to get your outside spaces ready for spring is a great way to increase your activity. Not only does it get you outside in nature, but it can take some effort.**

**Clearing away old plants, topping up soil with nutrient rich composts and cleaning flower pots can include some mild to heavy lifting.**



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## **TIP 6:**

**Hand washing the car can take an hour to clean, rinse, dry and polish. Not only could it save you the money you would have spent at a car wash, but it's an hour of moderate exercise. Plus, the satisfaction you get from a personal job is immeasurable.**



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## **TIP 7:**

**If you work from home, try to make any meetings a walking meeting. You don't have to travel far, you can simply walk around the house. Go make a cup of tea while you chat on your mobile or visit every room in the house to use the stairs more often. If the weather is pleasant, why not take a walk around the block or to the bottom of the garden for some extra valuable outdoors time.**



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## **TIP 8:**

**Use this opportunity to flip the mattress in all your bedrooms. Many mattresses come with a summer and warm side, so it could be time soon anyway. It requires some heavy lifting and it could be perhaps a two person job to get all members of the family doing the heavy lifting and working together as a team.**



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## **TIP 9:**

**Another job that no one likes is cleaning the windows. But a good clean inside and out is a great way to use and strengthen those arm muscles, as well as stretching.**



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## **TIP 10:**

**Take the dog for an extra-long walk. If you're feeling a little claustrophobic and bored of winter, remember your pets are probably feeling it too. Just ten minutes extra walking a day will add up to over 4 hours more walking by the end of the month.**



**Your Nudge to Budge.**