

# Home exercise options

Here are some opportunities to make sure you have the tools to stay healthy and keep moving. Click on the links below to check out a range of activities at your fingertips for you and your whānau #stayinworkout.

## Yoga videos

**Yoga with Adriene** *"Find what feels good" has been her motto ever since she started in 2012 - that says it all*

**Cosmic Kids Yoga** *Ever tried a yoga class based on the movie Moana? Didn't think so, try it out here*



## Stretching & Balance (65+)

**Sitting exercises** *Choose a solid, stable chair with your feet flat on the ground for these gentle moves*

**Strength** *Remember to brace your core when doing these exercises to protect your spine*

**Balance** *These movements will support mobility over time, make sure to wear comfy clothing so you can move well*

**Flexibility** *Sometimes we forget about how tight we've become, try these stretches and you'll start to loosen up*



## Strength & core exercises

**Balance and core:** *Make sure you have some space around you for these: concentration needed, giggles likely*

**Lower Body Strength progressions:** *A great way to try some resistance training, including ways to make it harder*



## Online workouts

**Fitness Blender** *Over 500 free exercises videos which sort by training type, part of the body and duration*

**The Body Coach** *High-intensity interval training videos to suit all types of fitness levels free on YouTube*

**Les Mills on-demand 14 day trial & free online classes** *This includes kids & teens workouts, great for the holidays*

**LifelInMotion - paid online classes** *For just \$25.00 you can be involved in the online L.I.M classes and community*



## For the kids

**25 indoor activities for kids** *Who said you can't have fun indoors? The popcorn push-ups sound like a laugh*

**10-minute shake up games** *Change4Life from the UK teamed up with Disney to make these bursts of fun*



## Getting outside

Sticking around home doesn't mean you can't get out into the fresh air. Take the dog for a run, or go for a stroll, just avoid stopping to chat to the neighbours or heading to your usual coffee shop, boil the jug at home instead.



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FAMILIES  
Rongoā Kākāriki, whānau kori, whānau ora

Green Prescription  
**MATERNAL**  
Arohaina ki a koe anō, Arohaina ki tāu pépi