

Activities On Prescription

Reduce the amount of time you spend sitting by maximising the time you spend moving.



Complete an activity a day to discover how small tweaks to daily movement, can make big differences over time.

A screenshot of a digital form titled "Activities On Prescription". The form includes fields for "Activity Name", "Age", "Time (including preparation and setup)", "Frequency", "Number of days per week", "Mark as priority", "NPS", and "Priority level". There are also icons for a blue scooter, a pink and yellow spray bottle, and a grey kettle. The form is set against a light green background.

INTRODUCTION

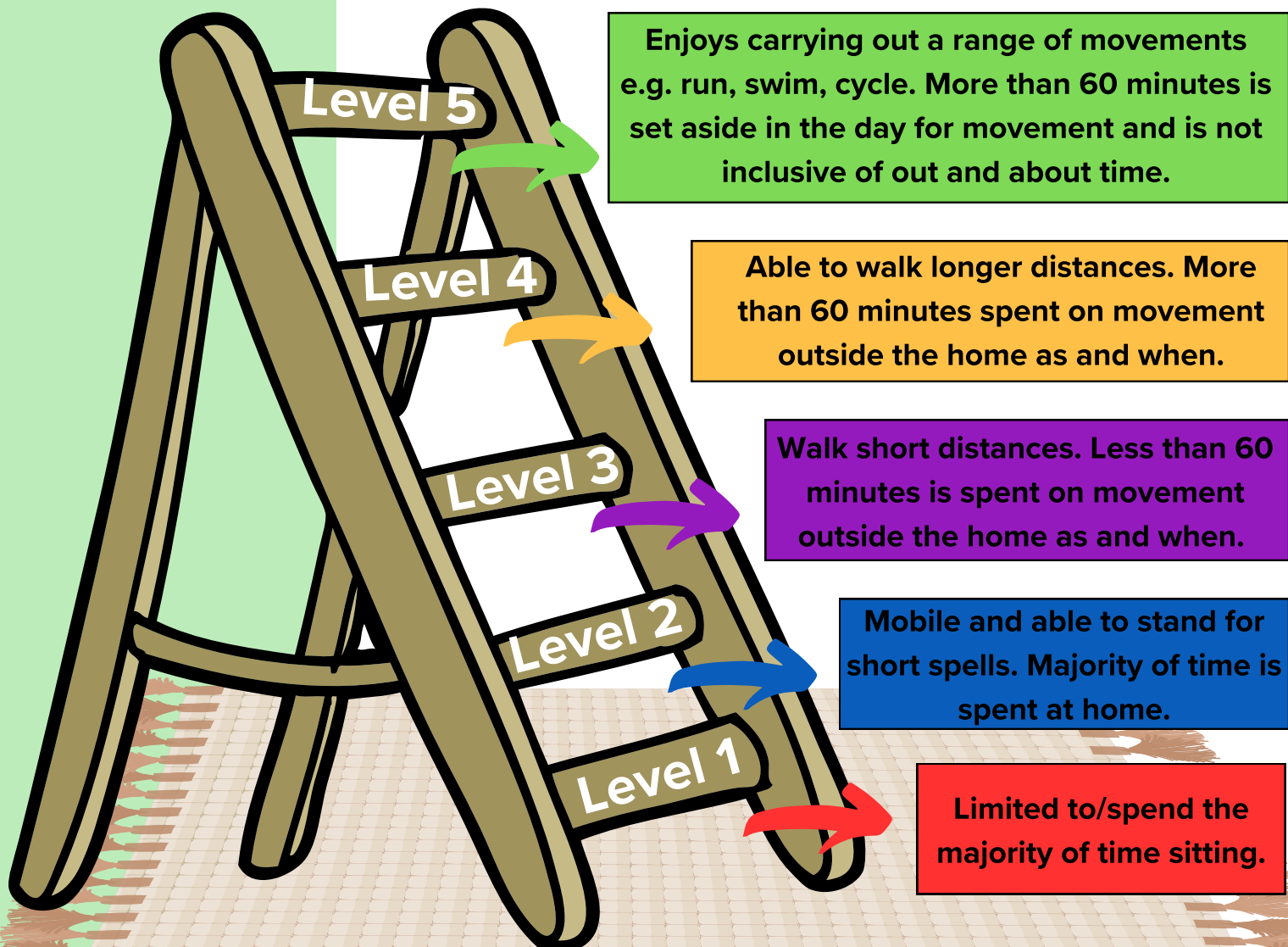
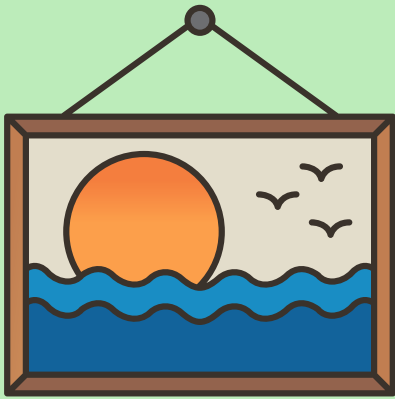
Movement is life. It is part of our day to day, from popping the kettle on to hanging out the washing, we are constantly moving.

The activities in this booklet have been designed with daily movement in mind and how small tweaks - **an activity a day** - can make a big difference by reducing the amount of time we spend sitting and maximising the amount of time we spend moving.

LEVEL LADDER

Daily movement time will vary from person to person.

Use the Level Ladder below to decide which statement best summarises your current daily movement time. This will be your starting point.



Level 5

Enjoys carrying out a range of movements e.g. run, swim, cycle. More than 60 minutes is set aside in the day for movement and is not inclusive of out and about time.

Level 4

Able to walk longer distances. More than 60 minutes spent on movement outside the home as and when.

Level 3

Walk short distances. Less than 60 minutes is spent on movement outside the home as and when.

Level 2

Mobile and able to stand for short spells. Majority of time is spent at home.

Level 1

Limited to/spend the majority of time sitting.

MOVEMENT AND MOOD CHECK IN (PRE)

Like any journey, it is important to know where you are starting from otherwise how will you know how far you have come or whether what you are doing is working?

Take a moment to answer the questions below so you can revisit them once you have completed your first round of five activities.

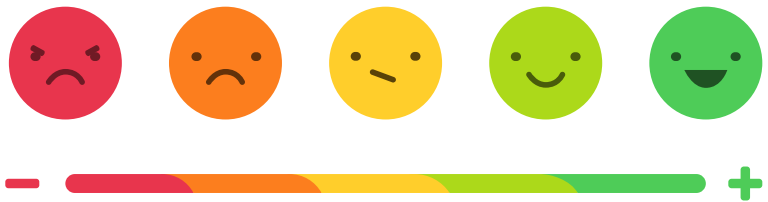
1

On average, how long do you currently spend moving during the course of a day?

- Between 10 and 20 minutes
- Between 20 and 30 minutes
- More than 30 minutes

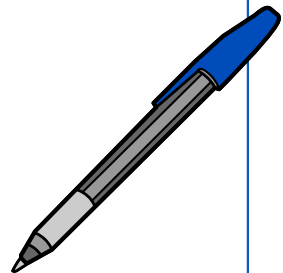
2

Circle the face that best describes how activity and movement make you feel -



3

What are you hoping to achieve by following the activities?



Remember to ask your link worker for help if you are unsure of how to access or use the digital resources or technology.

LEVEL 1

Limited mobility should not be a barrier to activity. The five activities below are examples of how you can sneak seated movement into your daily routine while having fun and helping others.

Balloon Keepy Ups



- Grab a balloon and have fun with family or friends by seeing who can keepy up the longest.
- Who can do the most keepy ups in one minute?

Chair Aerobics



- Give chair based movement a go. Tip - Check out www.hartlepoolsport.co.uk for inspiration or use YouTube to search for 'chair based movement for beginners'.

Community Champion



- Get involved with a project like knitting hats for premature babies, making cakes for a charity bake sale or by building a bat/bird box for a community garden.

Strength Soup



- Can you complete 10 reps of bicep curls while holding something like soup tins or the tv remote?
- Can you add more movements to get other parts of your upper body moving?

Laundry Basketball



- Roll up pairs of socks and throw them into your laundry basket. How many shots can you make in a row?
- How many shots can you make in three minutes? Tip - Move the basket further away to make it more challenging.

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LEVEL 2

Wanting to sit less and move more, but unsure of how? Use the five activities below to reduce the amount of time you spend sitting.

Coffee Squats



- How many squats can you do while waiting for the kettle to boil? Can you beat your score over time?
- Add other movements such as worktop press ups and you can squeeze a full body workout in before your first brew.

Helpful Hobbies



- Try a new hobby such as growing your own veg. You could save money or you could donate your veg to a food bank. Tip - Visit www.hartlepoolsport.co.uk to find out how to get growing today by bringing the equipment to you.

Active Ad Breaks



- How many sit to stands can you do during a set of tv adverts? Tip - Add a cushion to make it easier or sit down more slowly to make it harder.

Just Dance



- Stick on your favourite playlist and aim to move for 10 minutes. Tip - You could choose a Just Dance clip on YouTube to dance along to or ask the grandchildren to teach you a new Tik Tok dance.

Front Room Time Trials



- How many laps from your couch to the front room door can you do in three minutes? Can you beat your score over time?
- How many daily front room laps can you do over the course of a week?

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LEVEL 3

Sitting less and moving more around the home? Great! It's time to continue this trend outside. From better breathing to improved mood, there are many benefits to spending time outdoors.

Wonderful Walking Part 1



- Set yourself a walking challenge such as how many laps from your front door to the end of the street can you do in 15 minutes?
- Once you beat your score, increase the challenge time or mix up your route.

Shared Interests



- Join an outdoor club or group such as a local history group, a nature photography group or a litter picking group and get involved. Tip - Head over to www.hartlepoolsport.co.uk for a list of clubs and groups near you.

Furry Friends



- Grab your dog or join a friend on their dog walk and see how many throws of the ball/steps you can make. Can you beat your score on the next walk?

Squeaky Clean



- How many quick jobs can you complete while listening to your favourite song? Quick clean jobs include sweeping the floor, polishing furniture, collecting laundry or watering the plants.

Cool Commute



- Whether your dropping the kids off at school or popping into the corner shop, leave the car at home and walk. Tip - If walking the whole way seems too much, park further away from your destination or get off the bus a stop earlier.

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LEVEL 4

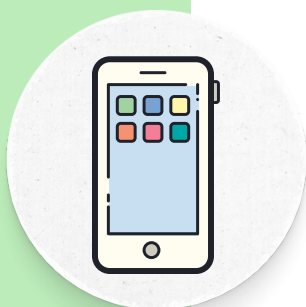
Sitting less and moving more by reducing the time you spend at home? Fab! The five activities below will help to boost your mood and continue to increase your moving time while outside your home.

Wonderful Walking Part 2



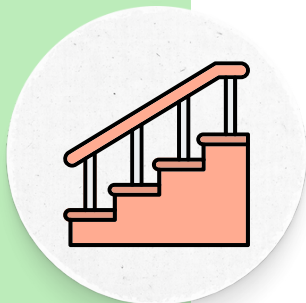
- Set yourself a walking challenge such as how many loops of the neighbourhood can you do in 30 minutes?
- Once you beat your score, increase the challenge time or mix up your route. Tip - Walking is more fun with a friend.

Get Appy!



- Apps have the potential to enhance time outdoors. Like games? Try a game like Jurassic World Alive, Love nature? Take a photo and Seek can identify what it is. Competitive? Track your daily step count with trackers like Active 10.

Stair Master



- Whether at work, in the shopping centre, library or dentist, take the stairs!
- When at home, complete 10 reps of step ups on the first stair before ascending.

Winning Ways



- Want to make the shift from fan to player? Join in with a Walking Sport such as basketball - same game, slower pace. Tip - A list of Walking Sports can be found on the Hartlepool Sport website.

Volunteer Superstar



- If you have some time to spare, why not use your knowledge and skills to help others? From helping out in a community kitchen to listening to children read, there are volunteering opportunities for every interest.

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LEVEL 5

Looking for ways to keep motivated while out and about? The five activities below will hopefully inspire you to continue to sit less and move more for life.

Wonderful Walking Part 3



- Join a walking group that offer a variety of walks varying in length, terrain and difficulty. Tip - A list of local walking groups can be found on the Hartlepool Sport website.

Geocaching Gold



- Find Geocaches hidden around your town or create your own in this real life treasure hunt. Tip - To find out more, check out www.geocaching.com or give Digital Geocaching a go by playing a mobile game like Pokémon Go.

Join the Movement



- Join a local sports club or community. Ever wanted to try a martial art or go on a guided bike ride? Find out what's on over at www.hartlepoolsport.co.uk

Medal Mad



- Sign up for a virtual challenge. Walk, run, cycle or swim - find a challenge that's right for you. You could walk the length of Hadrian's Wall or swim the width of the English Channel.

Nature Art



- Create a piece of nature art while outdoors. This could be on a beach using seaweed or shells to create an image or a balancing cairn sculpture. No beach? No problem! Use leaves and sticks found at your local park instead.

MOVEMENT AND MOOD CHECK IN (POST)

It is important to take time to reflect so you can decide whether or not you are ready to progress on to the next movement level.

If you do not feel ready to move on, it is important to accept and recognise this and spend a little longer extending or repeating some of the activities at your current level until you are ready to make that next step.

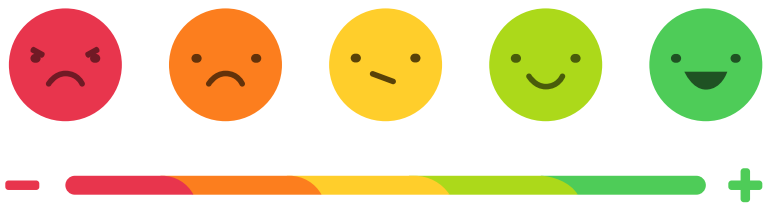
1

On average, how long do you currently spend moving during the course of a day?

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2

Circle the face that best describes your feelings towards the activities and movements you completed -



3

Did you achieve what you set out to by following the activities? Please give a reason for your response.



USEFUL RESOURCES

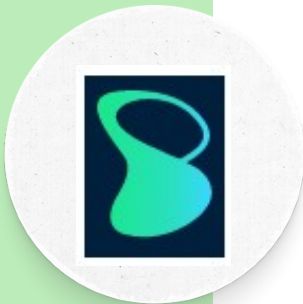
Sitting less and moving more can be a challenge, especially if you have a long term health condition. From managing breathlessness to keeping active with a lung condition, the resources below will help and support you as you work towards making small changes to reduce your sitting time.

Asthma +
Lung UK



- **Health Advice Resources** - shop.asthmaandlung.org.uk/collections/health-advice-resources
- **Keeping Active with a Lung Condition** - www.asthmaandlung.org.uk/living-with/keeping-active

Breath
Tec



- **Top Tips for Managing Breathlessness** - www.breathtec.co.uk/wp-content/uploads/2023/05/TopTips-For-Managing-Breathlessness.pdf

NHS



- **Breathing Pattern Disorders** - www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Respiratory/Breathing-pattern-disorders-patient-information.pdf
- **Home Workout Videos** - www.nhs.uk/better-health/get-active/home-workout-videos/

