

ACCESSIBLE EXERCISE FOR EVERYONE

activenorfolk



RESOURCES TO KEEP EVERYBODY MOVING

We know the pandemic has made it harder for many to exercise. With gyms and local clubs closed, and restrictions in place limiting outdoor exercise, many are unsure how best to remain active.

On the next page, you'll find some of the latest accessible resources. These include disabled-friendly walking routes which can be done locally or modifiable exercises from your own home which can be tailored to the user's needs.



WE'RE STILL HERE TO HELP

We're committed to bringing you a huge range of accessible resources, which can be done locally or from home. We're always working to ensure there's something for everyone, so if you need any support or guidance, let us know!



ON THE MOVE

On The Move at Home are a series of short, fun videos which are easy to follow and can be done at home using everyday objects.

Sessions include:

- Bowling
- Mini Golf
- Table Tennis

www.activenorfolk.org/active-at-home-disability#onthemove



ON THE MOVE OUTDOORS

On The Move outdoors are a collection of downloadable, accessible walks across Norfolk.

www.activenorfolk.org/on-the-move-outdoors

SITTING ROOM CIRCUITS

The sitting room circuits exercise programme has been designed to do in the comfort of your own home. These videos gradually help you to strengthen key muscles, and don't require any special equipment.

www.activenorfolk.org/active-at-home-vulnerable

DEMENTIA WALKS

This toolkit will help local community groups and organisations to map a walk in their area for people living with dementia to enjoy with their carers to enjoy.

www.activenorfolk.org/dementia-walks

EASYACTIVE8

EasyActive 8 is your portal to online fitness classes and one to one sessions. With this website, you can take part in live workouts with the industry's leading instructors.

Contact Active Norfolk to get a code to access these sessions for free.

www.easyactive8.com/inclusive-sen/

CONTACT

activenorfolk

For more information on any of the above, contact Ellen Vanlint from Active Norfolk.

Email: ellen.vanlint@activenorfolk.org