Quality Academy Knowledge & Evidence Team

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| **Your request for evidence:**  Literature search ID: 1910 – Information on exercise at home. Please include videos, infographics and resources from social media. | **Date of literature search: 23/03/2020**  **Search conducted by:** Caroline Timothy  **Contact details:** [caroline.timothy@nhs.net](mailto:caroline.timothy@nhs.net) x5412 |
| **In Summary:**  A lot of resources listed below refer back to the NHS website and the This Girl Can website. This search was for resources to be used in a guide for supporting staff during COVID-19. The exercise at home section was just one of the pages in a larger booklet. | |

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| **No.** | **Key information** | **Document** |
| 1. | Public Health England. **Home Workout Videos**. *NHS website*.  To stay fit and healthy, you're recommended to get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day. Plus, you should aim to do strengthening and balance exercises at least 2 days a week. These home workouts are an easy way to help you reach your exercise goals. | Please click [**here**](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/) to view the web page |
| 2. | NHS website. **Fitness Studio exercise videos**. *NHS website*.  This page contains links to the NHS Fitness Studio's range of online exercise videos. There are 24 instructor-led videos featuring aerobics exercise, strength and resistance, and pilates and yoga. The workouts have been created by fitness experts and range from 10 to 45 minutes. All of the routines count towards the recommended guidelines for [weekly physical activity](https://www.nhs.uk/live-well/exercise/). Regular exercise has been proven to help reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. Research shows that physical activity can also boost self-esteem, energy, mood and sleep quality. Exercises include [10-minute workouts](https://www.nhs.uk/live-well/exercise/10-minute-workouts/), which are equipment-free fitness routines, **great to do at home** and **short enough to easily fit them into the daily schedule**. | Please click [**here**](https://www.nhs.uk/conditions/nhs-fitness-studio/) to view the web page |
| 3. | Sport England, 2020. **How to stay active while you're at home**. *Sport England*.  We're all now spending more time at home and that means many of us are thinking about how we can get, or stay, active. Official advice is to follow the guidance on social distancing and avoid non-essential travel - including working from home if you can - which means our routines are changing. But staying active is more important than ever right now, and even if you’re mostly in your house at the moment, there are plenty of ways you can still do so. Sport England has compiled into one place some of the most handy exercise ideas that are out there for keeping active in and around the home. If you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share it with others. The Getting outside section includes information on [Couch to 5K](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/) and [Active 10](https://www.nhs.uk/oneyou/active10/home). The Exercising at home section links to the This Girl Can web page on [Home Exercise](https://www.thisgirlcan.co.uk/activities/home-exercise/). The page also links to Online home workouts, including those from [Fitness Blender](https://www.fitnessblender.com/videos), and [Other gym free workouts](https://www.nhs.uk/live-well/exercise/gym-free-workouts/). There are some tips on how to get active with the kids too. [Disney dance-alongs](https://www.thisgirlcan.co.uk/activities/disney-workouts/) are a fun way to get active with kids. | Please click [**here**](https://www.sportengland.org/news/how-stay-active-while-youre-home) to view the web page |
| 4. | Lane, E., et al., 2020. **How to Smash Your First Ever Home Workout**. *Men’s Health*.  Men’s Health says that for many it is not a lack of wanting to get sweaty, but not knowing where to start. They have teamed up with a Personal Trainer to build a circuit that is suitable for total beginners, which includes no equipment. They say to try to complete the circuit three times with a 30sec rest between each move. Take a two-minute breather after each run through. There are also images and some text to follow for [21 of the Best Exercises for Beginners to Try at Home](https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home/). | Please click [**here**](https://www.menshealth.com/uk/building-muscle/g749892/beginners-home-workout/) to view the web page |
| 5. | Fox-Leonard, B. 2020. **How to stay fit at home when you’re self-isolating**. *The Daily Telegraph*.  This news page offers tips on how to stay fit at home when self-isolating. It includes online training plans and fitness classes. It links to [21 best exercises for a home workout](https://www.telegraph.co.uk/health-fitness/body/best-exercises-at-home-workout-how-keep-fit-indoors/), aimed at beginners, intermediate and advanced levels of fitness. | Please click [**here**](https://www.telegraph.co.uk/health-fitness/body/stay-fit-home-self-isolating/) to view the web page |
| 6. | Wicks, J. 2020. **P.E. with Joe**. *The Body Coach*.  Joe Wicks is delivering a P.E. session aimed at kids who are now at home because the schools are now shut. However, adults are also doing the exercises! | Please click [**here**](https://www.thebodycoach.com/blog/pe-with-joe-1254.html) to view the web page |

**Search Strategy:**

Search 1 – “exercise at home”

**Resources searched:** AMED, BNI, CINAHL, EMBASE, Medline, NICE, NICE Evidence Search, advanced Google search