

Getting active

Free online information and resources

There are thousands of websites and apps to help you live a healthier lifestyle. We've highlighted a few of the free ones that you might find helpful to support you on your journey to living a fitter, healthier life.

Not technically minded? Don't worry, to access any of the websites we suggest you either:

- Hold down the "Ctrl" key on your keyboard and click on the links (at the bottom of each suggestion); OR
- Copy the link into your browser

Note: If you find any of the links have stopped working please email us at ci@discovermomenta.com and we will update the document for everyone.

Strengthening exercises

British Heart Foundation (BHF)

The BHF website has lots of information about getting more active that's helpful to anyone who's just starting out on their exercise journey.

Safety first! Remember, if you have any concerns about exercising or pre-existing conditions it's best to speak with your GP or a health professional before you start.

Chair-based exercises: If you have difficulty with standing and walking but want to get more active, this information might be just the thing for you. It includes some information on setting yourself up for success and diagrams and explanations of a number of exercises to get you started.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises>

Just starting out: This offers an introduction to strengthening exercise that you can do at home using a video and images. If you're new to exercise and not sure where to start with strengthening exercise, it might be just the thing.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/strength-exercises>



Using resistance bands: Exercise bands can help to improve your strength and flexibility. If, after discussing strengthening exercise in your Momenta session, you'd like to learn a little more, this information takes you through some strengthening exercises step by step using diagrams and a video



<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/resistance-bands>

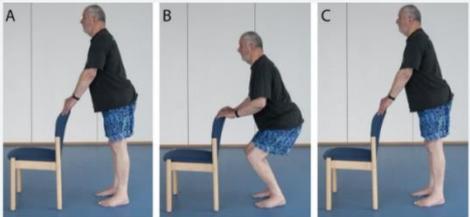
Top tips for older adults: If you're aged 65+ and haven't been very active in the past, take a look at this information from BHF. It might help you think your options through a little more.

<https://www.bhf.org.uk/information-support/support/healthy-living/staying-active/activity-tips-for-65-and-over>

NHS England

This website provides some basic information and photographs that are easy to follow.

Mini-squats



A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.

Repeat 5 times.

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

Want to go run?

If you're confident and want to start doing some running then this information might be helpful.

Find an app: If you're a bit of a techie, this is an article from BHF on a variety of running apps currently on the market.

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/running/7-free-running-apps>

Find the right shoes! A helpful article from BHF on choosing the right running shoes

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/running/choosing-the-right-running-shoes>

NHS Couch to 5K app

If you've never tried running before or you used to run (a while back!) and you want to start again, this app might be just the thing. Downloaded by over a million users, as the name suggests it will help you build up from no running at all to completing 5km (about 3 miles) in as little as 9 weeks.



If you'd like to know more about the programme then you can find out more here:

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

If you want to download the app you can use the links from either Google Play or the App Store. Just make sure you see the type of images below – the app's been upgraded and the new version is much better.

<https://apps.apple.com/gb/app/one-you-couch-to-5k/id1082307672>

<https://play.google.com/store/apps/details?id=com.phe.couchto5K>

