

Activity tips and ideas during COVID-19

Staying at home for extended periods can be challenging – whether you're in self-isolation or physically distancing due to COVID-19. Doing regular exercise, keeping active and meditation can help you deal with 'cabin fever' and move your mood.

Useful links and tips to help you keep moving wherever you are

- [Six things you can do every day to maintain your physical and mental health if you're isolating at home](#) (New York Times article).
- [The free Rise & Recharge app will remind you to take regular breaks from sitting](#) if you are working from home.
- Meditation apps can help you stay calm and lower anxiety levels, such as:
 - [Waking Up](#); and
 - [Headspace](#).
- [A series of six-minute workout videos that exercise four main muscle groups is available](#): cardio, the lower body, the upper body and the core (New York Times article).
- [Try some home workout exercises](#) (Telegraph UK article).
- [A simple exercise routine to do at home](#) (BBC).
- [Les Mills has 800+ workouts available on demand](#) - 15 to 55 minute online workouts for beginner to advanced levels. Non-members can try Les Mills On Demand free for 14 days.
- [Use the Activities Directory to connect with local activity providers and find out about online options](#).
- [The REPs database is a good way to find local exercise professionals providing online services](#).
- [Get tips on how to look after your mental health and wellbeing during COVID-19 self-isolation](#) (Mental Health Foundation).
- [The Maanaki20 website has videos and activities being delivered by Māori activity providers](#).

Activities for kids at home

- [Download a factsheet on fun games and activities with a fly swatter](#) [PDF].
- [Find out about activities for the whānau from All Right?](#).
- [Download the Pack of Tiny Adventures Smartphone app!](#) Tiny Adventures contains nearly 90 activities, ranging from baking and bouncy balloon fun, to arts and craft activities.

- [Games from Healthy Kids NZ.](#)
- [Kids and families can move and learn together with GoNoodle: Good Energy at Home.](#)
- [Ten games to play with a ball](#) (Free Stuff 4 Kids).

Unleash your inner secret agent by solving fun missions in your backyard with Agents of Discovery. This ChCh City Council app uses augmented reality to interact with your surroundings. Missions are updated on a weekly basis. You can download the free app from Google Play and the Apple app store.

Activities for older adults

[Get expert advice on fitness if you are older and stuck at home](#) (NY Times article).

[The Exercise As Medicine team has a range of home exercise programmes to help keep older adults moving at home.](#)