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# Online resources for physical and mental wellbeing during and after Covid

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## Physical activity

### Active Surrey

Ideas on how to stay active despite coronavirus

<https://www.activesurrey.com/health/public/coronavirus>

### Sport England: Join the movement

Tips, advice and guidance on how to keep or get active in and around your home. Simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely.

Specific suggestions for general fitness / getting active at home with the kids / older adults / pregnant women / mental health / disability and long term conditions.

[https://www.sportengland.org/jointhemovement?section=join\\_the\\_movement](https://www.sportengland.org/jointhemovement?section=join_the_movement)

### Sport England: We Are Undefeatable

A resource specifically for people with long-term health conditions who want to build more activity into their lives. Suitable for those with conditions such as diabetes, cancer, arthritis and Parkinson's who need inspiration and support to get active.

<https://weareundefeatable.co.uk/>

### Sport England: This Girl Can

A resource aimed at inspiring women and girls to 'wiggle, jiggle, move and prove that judgement, time, money and energy are barriers that can be overcome'. Includes a home exercise guide, and Disney dance-a-longs – dance routines to help you get active with your kids

<https://www.thisgirlcan.co.uk/>



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### The NHS fitness studio

Free online, beginner, exercise classes. Choose from belly dancing, La Bomba, Aerobics, strength and resistance, yoga and Pilates (including gentle Pilates for those with health limitations such as back pain, knee problems, arthritis, scoliosis, fibromyalgia/MS, osteoporosis).

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

### NHS Gym free workouts

Includes a chair workout suitable for wheel chair users, seated yoga, and workouts using your sofa or stairs.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

### NHS Strength and Flex exercise plan

A free 5-week plan consisting of a series of equipment-free exercises designed to improve your strength and flexibility. Suitable for beginners and easy to follow, the program provides a full body workout.

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

### 10 Today

Simple 10-minute routines to get you stretching and moving, designed for older people by older people. Workouts can be accessed by online videos or listen to instructions on the radio. Short, enjoyable and easy routines. Exercises are shown standing or seated. Lead by Terry a 72-year-old fitness instructor.

<https://10today.co.uk/>

### NHS: Couch to 5K

A free 9-week podcast series for beginners who would like to build up to running 5k. Each week involves 3 runs.

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

Graduates of Couch to 5K can move on to the **5k+ podcast series**

<https://www.nhs.uk/live-well/exercise/couch-to-5k-plus-running-podcasts/>

### Women in Sport: This Mum Runs Run 20 app

This Mum Runs is the world's largest running community for Mums empowering Mums everywhere to be happier and healthier. Download the This Mum Runs app for a simple programme that coaches you through running for 30 minutes.

<https://www.thismumruns.co.uk/app>



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### Our Parks: Couch to fitness

At an at-home, 9-week exercise plan for people who want to feel fitter. The free plan involves 3 video sessions a week with rest days in between, and a different schedule for each of the 9 weeks. Classes are for all ability levels and ages.

<https://www.ourparks.org.uk/couch-to-fitness>

### Her Spirit: Your best year yet app

Make your pledge today to become fitter, stronger, healthier with the help of Her Spirit's free app.

<https://herspirit.co.uk/>

### Youth Sport Trust: Physical activity resources for parents

Whether you're a teacher, or a parent or carer supporting home learning, here you will find free resources, guidance documents and digital support to help you with PE, sport and physical activity for children during the COVID-19 pandemic.

<https://www.youthsporttrust.org/coronavirus-support>

## Mental health and general wellbeing

### Public health England

Guidance for the public on the mental health and wellbeing aspects of coronavirus and where to find more help if required.

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

### NHS Every mind matters

Expert advice and practical tips to help you look after your mental health and wellbeing during lockdown and Covid restrictions.

Get a free Mind Map to help you deal with stress and anxiety. Read advice on Coronavirus and wellbeing, Children and Young People's health and where to get support if you need it.

<https://www.nhs.uk/oneyou/every-mind-matters/>

### Mind Charity – for better mental health

Mind have created a coronavirus and mental health information hub. It includes resources for staying well in isolation, coping if you're a key worker, tips for young people and more.

<https://www.mind.org.uk/information-support/coronavirus/>



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## NHS Live well

Advice, tips and tools to help you make the best choices about your health and wellbeing. Includes sections on mental wellbeing, healthy weight, exercise, sleep, eat well, alcohol support, quit smoking, healthy body and sexual health.

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

## Age UK: Information and advice on health and wellbeing

Get information on age-related health conditions, tips and advice on staying fit and healthy in mind and body, and coping with loneliness.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/>

## Red Cross: Winter wellbeing Calendar

This calendar helps build coping abilities and increase confidence in order to reduce loneliness. It provides ideas which can be used to boost wellbeing and includes space to add your own ideas and favourite activities.

<https://www.redcross.org.uk/get-help/get-help-with-loneliness/winter-wellbeing-calendar>

## NHS weight loss plan

A free 12-week diet and exercise plan for those wanting to lose weight.

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>



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