



ACTIVE CORNER

Something to Keep you Moving!



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ROSMINI COMMUNITY SCHOOL
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9 great ways to keep fit and exercise during coronavirus lockdown (www.irishmirror.ie)

With the current coronavirus crisis, it's important we all restrict our movements as much as possible.

But it's also crucial to mind our mental health, and a key component of this is exercise and fresh air.

Remember: Whether you're in complete self-isolation at home, or just restricting your movements, it is still possible to keep fit on a daily basis.

So far, Ireland's restrictions are not as limiting as in other countries, which means you can still venture outdoors – provided you're not in self-isolation due to yours or someone else's symptoms.

Exercise solo where possible, and maintain least 2 metres (6 feet) distance between yourself and all other people.

Provided you follow the rules we've been given, here are nine great ways you can still exercise while the gyms are shut and classes are cancelled.

Run



(Image: Getty)

If you're not self-isolating, feeling healthy and not in contact with anyone showing symptoms, great news: You can still get out for a run, walk or a cycle.

Ideally plan your route so you are hitting quiet areas and green spaces. Lap up the fresh air and get some good tunes going!

Walk



(Image: Getty)

Okay, so maybe you're not much of a runner. Plenty of us aren't. A brisk walk can still do your mind and body the power of good too, so try to get out for 40 minutes to an hour if you're not currently self-isolating.

Cycle



(Image: Getty)

Cycling is the perfect way to exercise at the moment if you're not completely stuck indoors. If the kids are starting to climb the walls, bring them along too to burn off some of that endless energy they always have.

Online exercise classes / videos



(Image: Getty)

Lots of people will be missing their weekly classes and gym sessions right now, but remember that you can still bring one into your living room or bedroom too!

YouTube, Instagram's IGTV and Facebook Live are all great sources of instructional videos in yoga, pilates and gym exercises. Just a quick google or social media search throws up hundreds of options.

For example, 'The Body Coach' Joe Wicks has a YouTube channel packed with workouts for all fitness levels and ages. He's also hosting an online PE class at 9am every day to keep children active during this period.

Skipping



Man exercises with jumping rope (Image: Getty)

Remember Rocky Balboa skipping furiously in movie montages? That's because fast skipping is amazing cardio, and something that plenty of athletes still do. Kids love it too, of course. But right now they'll be lucky to wrestle the skipping rope off of you.

Disco cleaning



(Image: Getty)

As we all know, there's nothing like a bit of disco cleaning. Whack on some quality bops and get going on any household and DIY chores and tasks you've been meaning to tackle. What better time than now?

Household kickabouts



(Image: Getty)

Whether you're living with your family or housemates, a kickabout can be a great way to relieve stress and have fun. Makeshift goalposts and penalty shootouts are the perfect way to forget your worries and cares for a few hours.

If you don't have a garden or a driveway, go for a walk and find a quiet green space (provided you're not self-isolating). There's never been a better time to perfect that chip shot.

Garden games



Siblings having fun together outside on trampoline

Okay so you might not have a baseball bat, but you probably have a hurley stick lying around somewhere.

If you're lucky enough to have a garden, driveway or backyard be sure to make the most of it.

Self-Isolating? Here are five lockdown exercises to keep you fit, focused and sane (www.worldathletics.org)

SIMPLE HOME WORK OUT EXERCISES

Plank



First of all, clear a little space - push back chairs or tuck away things from the hallway. If you have a yoga mat, set that up somewhere. It's not essential - if you have carpet you don't need anything, if it's a hard floor maybe put a towel or two down just to protect your arms. Get into position: lie on your front with your forearms on the floor (parallel to each other), toes tucked under, then push up your bodyweight so you are resting on your forearms and your feet. Keep your body in a straight line - brace your core muscles, don't sag in the middle. Hold!

Work up to holding 1 minute. If you've never done it before, have a google of "plank daily challenge" and follow that - in days you'll move from 10 seconds to 60, and possibly well beyond. If you've already a regular planker (which sounds, to my English ear, horribly close to an insult, sorry) then try variations like side planks or harder adaptations. Check online videos for correct form but also always remember my own personal plank rule 1: while planking you must spend the time thinking about the fact that the **world record for a plank is 8 hours and 15 minutes.** It's strangely cheering, mainly because no one is making you do it.

Farmer carry



Just when you thought holidays were a dream, it's time to fill your suitcase! Use books, tins, old CDs - whatever you've got. Squat slightly to pick it up (don't bend over) and make sure you brace through your core and then walk, keeping nice and even and straight backed. Of course, you can do this with one "weight" in each hand but that might be tricky to balance properly at home - unless of course you happen to have two sacks of rice lying around.

Again there are some [good online videos and explainers](#) by better qualified people than me - but please do start light and gradually add weight if it's too easy, rather than the other way round. Ideally you will work up to using an amount of weight you couldn't carry more than a couple of hundred metres max.

Step-ups



Things you can use for this: a step, a low bench, a toddler's chair - anything that won't move and can comfortably take your weight. Stand in front, step up with one foot, bring the other up stand up on the step. Step backwards using the same leg. Repeat on the other side. So basically it's a constant up-and-down but each time you are alternating your 'lead' foot. Try to keep your back

nice and straight again and your core braced. Do as many reps as you can until you feel like your form is starting to go a bit. Maybe keep a count of how many that is, and aim for a few more next time.

Free weights



Time to unpack again! Get some of those tins or bags out of the suitcase and use them as weights. There's almost an endless list of exercises you can, from simple bicep curls to **deadlifts** - but there's also **[a really good BBC workout set here](#)** using only cans. You can also use them when you get super good at planks - together, we can all come out of isolation one day in the happy future with cores of steel.

Skipping



Skipping with a rope is a truly fantastic cardio exercise, challenging a lot of muscle groups and working your hand/eye coordination and timing into the bargain. Of course, you do need a bit

more space for this but if you can, it's a brilliant way to get the heart rate up and fantastic particularly for runners who can't get out.

Only the truly hardcore could probably manage to skip for any serious length of time but mix in repetitions of, for example, a minute of skipping then working through the other exercises above - then repeat times 5. Or just see how many skips you can do before you snag yourself with the rope, then try and beat that each time.

Links

PE with Joe - <https://youtu.be/Rz0go1pTda8>

PE with Joe - https://youtu.be/6v-a_dpwhro

PE with Joe - https://youtu.be/4wzoy_J3l_c

PE with Joe - <https://youtu.be/-8o8wMgAT-Y>

PE with Joe - <https://youtu.be/qGKGNzNbWjU>

<https://www.olympicchannel.com/en/stories/news/detail/sport-share-home-workouts-coronavirus/>

<https://timesofindia.indiatimes.com/life-style/health-fitness/fitness/10-minute-core-and-abs-home-workout-to-keep-you-fit-during-this-lockdown/articleshow/74803637.cms>