

Keeping physically active during Coronavirus

How much physical activity should you do?

Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

All adults should undertake muscle strengthening activity, such as

- exercising with weights
- yoga
- or carrying heavy shopping

at least 2 days a week

This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

Minimise the amount of time spent sedentary (sitting) for extended periods

Before starting any exercise, make sure that you are safe and able to do so. Ask for advice from your doctor or physiotherapist if necessary. Start off gently and increase activity gradually. Follow Government advice.

We have used resources from a number of places e.g. Huntington's Disease Association and NHS websites and also others that are accessible through the internet that are not verified by us. Please use all resources responsibly.

Relaxation

This is a recording of a relaxation session and can be found at the Huntington's Disease Association website

<https://www.hda.org.uk/getting-help/if-youre-an-older-carer/additional-resources>

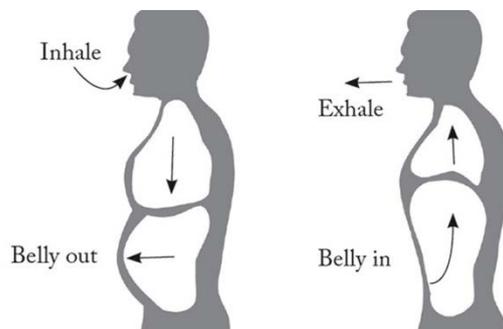
Yoga

There are many resources on the web, here are just two that may be helpful.

https://www.youtube.com/watch?v=_2PB4J5h7bl

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

Breathing exercises



Stand up or sit up tall, think of breathing in right to the bottom of your lungs, feel the lower ribs coming out as you breathe in. If you can, breathe in through your nose and out through your mouth. As you take a deep breath in, your belly goes out, as you breathe out the belly comes in again. Do 4-5 deep breaths every hour.

Chair Exercises

Keep active even you cannot do things standing up. You can print out the NHS exercises and have them beside you as a reminder.

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

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

Gentle/low impact exercises

The move to exercise DVD has been developed for people with Huntington's disease. The exercises can be done in sitting or standing and include warm up, balance exercises, a short circuit using weights (water bottles/cans of soup).

[Move to exercise DVD](#)

Other exercises can also be found on the European Huntington Association website

[Active Huntington's](#)

Try some videos online, like Joe Wicks. These are not specifically for people with Huntington's, but you may find them helpful

[Joe Wicks for seniors](#)

Aerobic exercises

This NHS section has many exercises including yoga, pilates, strengthening and aerobic exercises.

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

Strength training

This NHS page has a weekly strengthening and flexibility programme

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



Other resources

The 2020 physiotherapy recommendations

[Physiotherapy Clinical Recommendations](#)

The 2009 physiotherapy guidelines

[Physiotherapy Guidelines](#)