

## Free “Exercise at Home Packs” for Vulnerable Adults

Staying active is an important way to keep healthy and resilient to the coronavirus and is so important that the government has identified it as one of the four reasons that people can leave their homes.

However, there are many vulnerable people who are isolating at home and who are also living without access to internet, and therefore unable to access the wealth of online fitness resources and advice.

Active Norfolk is now offering free physical activity packs to support vulnerable adults who are isolating during the COVID-19 pandemic to be active at home.

These packs are specifically designed to support those that are digitally excluded and therefore unable (or unwilling) to access online health resources, although they are suitable for any vulnerable adults needing support to maintain their health and wellbeing at home during this time.

The packs are small and lightweight, containing:

- a guided home exercise booklet;
- a resistance band (yellow, lightest resistance);
- a Sitting Room Circuits DVD which contains a half hour guided walk through of gentle exercises that can be done at home and are suitable for those that currently do little or no exercise; and
- information leaflets with tips on reducing sedentary behaviour and information about a physical activity call-back service for individuals that want tailored 1:1 advice over the phone.

Active Norfolk hope to be able to target distribution to those who are known to be digitally excluded – if that information is known. However, we are happy to provide packs to support all vulnerable adults to be active at home.

To request free packs for your parish or district, please use the online form at <https://www.activenorfolk.org/home-exercise-packs-request>. We will acknowledge receipt of your request within 2 working days and will notify you when your pack is out for delivery.

Alternatively, contact Kristen Hall at Active Norfolk to discuss your requirements: [Kristen.hall@activenorfolk.org](mailto:Kristen.hall@activenorfolk.org) / 07920 407 088

### **Free exercise telephone support for vulnerable adults**

Active Norfolk want to ensure that vulnerable and digitally isolated residents are supported to be physically active.,

A free call-back service is now available through the Norfolk County Council Customer Service line.

People who are vulnerable and without access to internet can call **0344 800 8020** and **select Option 5** and speak to someone to request a call back from Active Norfolk.

A qualified physical activity instructor will call them back free of charge and give tailored one-to-one guidance on how they can safely exercise at home.

**Please share this information to any residents or groups who may benefit from this service.**