

Stay in, Workout

Suggestions to look after your physical and mental health



We recognise this is a challenging period for all young people, youth workers, youth organisations and communities you live and work in. As we now all need to spend more time at home, we'd like to help you fill this time in a creative, fun and positive way.

We've pulled together a range of physical activity opportunities for you to consider. There's something for everyone. You can do it by yourself, you can get your family involved or connect with friends virtually and take part together.

We know we haven't covered every great opportunity available. We'd love to hear your suggestions for home workouts and challenges! Be it a live session your delivering, something you've taken part in, or something you or your friends have created. Please send across your ideas to sports@londonyouth.org and we'll do our best to feature them (either below or in our weekly activity calendar).

#StayInWorkOut

Get Inspired – stuck for ideas?

Check out the below opportunities and choose what works best for you.

	Description	Site Link
1	Sport England – Join the Movement campaign with a range of online fitness platforms for all ages and abilities	https://www.sportengland.org/stayinworkout#get_active_at_home
2	The Body Coach TV – hundreds of free workouts for all members of the family.	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
3	Pop Sugar Fitness – hundreds of free workouts from celebrity trainers and fitness experts	https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg
4	Sweaty Betty – online yoga to HITT, something for everyone to take part in.	https://www.sweatybetty.com/workout-videos.html
5	Airtable – free/fremium sport, fitness and wellbeing solutions for those who live their Technology	https://bit.ly/39oKPYY

Inclusion matters!

Check out the below opportunities and choose what works best for you.

	Description	Site Link
1	NHS Change 4 Life – accessible activities for disabled children and young people	https://www.nhs.uk/change4life/activities/accessible-activities
2	Sport for Confidence – home exercise tips for health and wellbeing	https://twitter.com/sportforconf/status/1239901461905055749
3	Disability Sports Coach – accessible weekly activities and challenges.	https://disabilitysportscoach.co.uk/about/news/keeping-our-community-connected/
4	Special Olympics - a whole new way to exercise, featuring WWE Superstar Becky Lynch.	https://www.specialolympics.org/school-of-strength
5	Metro Blind Sport - Eyes-Free Fitness audio exercise programs	https://www.metroblindsport.org/audio-exercise-programs/

Keep things fresh!

Check out the below opportunities and choose what works best for you

	Description	Site Link
1	Jack Petchey Foundation – Challenge 21 to keep your body active	https://www.jackpetcheyfoundation.org.uk/stay-active/
2	Our Parks – Get fit for free, from superhero workouts to HIIT sessions	https://www.youtube.com/channel/UCKTBvoYglo-As3GBURHI8fA/videos
3	Harlequins Foundation – daily week day workouts at 12pm all ages and abilities.	https://www.instagram.com/harlequinsfoundation/
4	This Girl Can - No one gets to choose how you exercise other than you. Your body, your call.	https://www.thisgirlcan.co.uk/activities/home-exercise/
5	Youth Sports Trust – PE beyond the school gates, a range of daily activity challenges to take part in.	https://twitter.com/YouthSportTrust

For all those sport lovers!

Check out the below opportunities and choose what works best for you

	Description	Site Link
1	Saracens Sports Foundation – dance, fitness and rugby workouts	https://www.youtube.com/channel/UCS87u4n8b3XMg5jfiJkDu5w/featured
2	British Tennis – a range of tennis at home challenges to try out.	https://www.youtube.com/user/britishtennislta/videos
3	Fun Football UK – daily challenges to try out at home, indoors and outdoors.	https://twitter.com/FunFootballUK
4	Street League – football challenges and fitness workouts	https://www.instagram.com/streetleague_london/
5	Home court app – improve your basketball game	https://www.homecourt.ai/

Wellbeing: look after yourself!

Check out the below opportunities and choose what works best for you.

	Description	Site Link
1	MIND – information and guidance for better mental health	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsecb944
2	PE and School Sports Network – a toolkit for happiness	http://pessn.ovw1.devwebsite.co.uk/attachments/download.asp?file=246&type=pdf
3	School of Hard Knocks – wellbeing resource pack	https://www.schoolofhardknocks.org.uk/Handlers/Download.ashx?IDMF=f6a8b664-37eb-4d4b-8dc3-7fed3d867238
4	Haptivate – weekly 30 minute wellbeing workshops, Fridays at 3pm	https://www.eventbrite.co.uk/e/free-online-wellbeing-workshop-haptivate-wellbeing-weeklies-tickets-101063056322
5	SnowCamp – dealing with anxiety	https://www.youtube.com/watch?v=nmrOZ_gwi2Q&feature=youtu.be