

Fitness & Wellbeing for everyone – COVID19

Despite current temporary closures of our facilities the CNES Sport & Health Team are continuing to provide what support we can towards our own and other services, both internal and external. It is important that we all maintain a level of activity for the benefit of our physical and mental wellbeing so we have put together some links and advice for staying active through these challenging times. There is a huge amount of resources available on the internet, so you won't be stuck for ideas. Stay safe and make sure you make the most of your daily outdoor activity sessions.

Our team has created an information signposting resource to support you and your family to keep as active, healthy and challenged as you can in the current situation.

We will provide links to all our service providers and Leisure Centres in Lewis & Harris and Uist & Barra who shall be providing regular updates and information:

Sport & Health Team:	Twitter - @SportOuter
Lewis Sports Centre:	https://en-gb.facebook.com/pages/category/Gym-Physical-Fitness-Center/Lewis-Sports-Centre-396999796979043/
Harris Sports Centre:	https://www.facebook.com/Harris-Sports-Centre-206430189508471/
Liniclate Sports Centre:	https://www.facebook.com/Liniclate-Sports-Centre-307622146040154/
Castlebay Sports Centre:	https://www.facebook.com/Castlebay-Sports-Centre-608103092556568/
Community Sports Hubs:	https://www.facebook.com/uistandbarrasport/ https://www.facebook.com/sporsnis/ https://m.facebook.com/backfootballandrecreationclub/
Outdoor Learning:	Facebook - https://www.facebook.com/CnESOutdoorLearning/ Instagram - https://www.instagram.com/p/B-Nevg-AaZb/?igshid=la884txbc0x0
CNES Home:	Instagram - https://www.instagram.com/p/B-PANXoAZ_A/?igshid=12o7cm4trevq5 Twitter - @cne_siar

Sports Specific

There are lots of exciting Sports challenges running for Children at the moment.....whatever your chosen sport. So we will also share links to Scotland's Sports Governing Bodies - check out your Sport and the Team you support. They are providing some excellent resources, challenges and tasks for everyone on their Social media platforms – **If you try one of the Challenges and post it on social media REMEMBER TO TAG US @SportOuter on Twitter.....and make sure you get the Adults involved too!**

You can find a list of all the Sports Governing Bodies below.

List of Sports A - Z: <https://sportscotland.org.uk/sport-a-z/>

sportscotland: <https://sportscotland.org.uk/> and twitter.com/sportscotland

Fitness and Activities for All

Keeping fit and active for the recommended 30 mins of moderate intensity can prove difficult and tedious for everyone, so we have listed a number of excellent platforms that will give you some ideas and provide professional advice:

Train at Home: CNES Sport & Health is working in partnership with world leading fitness organisation Technogym to provide a daily workout package using their Wellness App.

<https://www.cne-siar.gov.uk/news/2020/march/train-at-home/>

Playing for Life: Fun activity cards – choose from lots of different categories to work alone, with a sibling or adult relative.

<https://www.sportaus.gov.au/p4>

NHS Fitness Videos: A Great resource providing simple, easy to understand exercise video with different levels depending on your experience:

https://www.nhs.uk/conditions/nhs-fitness-studio/?fbclid=IwAR0-tYAj0eOZ_4i_tpFdsZAg6XJaNsLs51f654sZORIAAF2whI8U9LHsAuE

NHS –Live Well Exercise website:

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

Many of the home workouts available on here are only 5- 10 minutes and can break up longer periods of being sedentary.

Get Running with ‘Couch to 5K’:

Only for people with some conditioning who have checked with a health professional that running is an appropriate activity.

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/?tabname=couchto-5k>

The Strength and Flex Routine that compliments the Couch to 5km is also a useful tool for improving the all-round fitness of people with no health issues.

Keeping the Kids’ Moving:

<https://www.nhs.uk/change4life/activities>

Some excellent resources on this website to keep children active.

Always follow the guidelines and advice re: participation provided by the NHS Exercise websites.

Family Fitness Online Fitness Class. Daily and live:

Joe Wick “PE with Joe”: LIVE DAILY workouts for the entire Family.....GREAT FUN!!

https://www.youtube.com/watch?v=4wzoy_J3l_c

Kids Yoga:

Cosmic Kids Yoga: Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world: - <https://www.youtube.com/user/CosmicKidsYoga>