



Resources for exercise and physical activity

IPTOP (**International Association of Physical Therapists working with Older People**) have compiled this resource to help you with promoting physical activity and exercise with older adults during the COVID-19 pandemic and beyond.

Thank you to everyone from our member organisations to those on social media who suggested ideas for this resource. We hope it will be a one stop shop for you to look at to get a variety of ideas in a range of formats to allow you to highlight these generally or to patients you are responsible for. We have not reviewed the content of any of these suggestions and are not responsible for the links or information contained in them.

If you have other suggestions, then please send them to secretary@iptop.wcpt.org as this will be a live document updated when necessary

Live exercise options	
Make Movement your Mission	https://www.facebook.com/groups/138533120904126/ Daily from Mon 23 rd March at 8am, 12pm, 4pm (UK time)
Age and Opportunity	https://m.facebook.com/AgeandOpportunity/ See page for dates and time
Siel Blue Ireland	https://www.facebook.com/SielBleulreland/ Facebook live at 11am and YouTube for Care homes at 2pm (Ireland time)

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Online videos or exercise information	
NHS inform website	https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises
10 today	https://10today.co.uk/tune-in/ 10 minutes of exercise daily
Farseeing videos	https://www.youtube.com/playlist?list=PLZbX08kMbpqdRYvDrSgMkK6FPNK82IVDq From the Farseeing EU project
NHS strength exercises	https://www.nhs.uk/live-well/exercise/strength-exercises/
Seated exercise options	https://www.nhs.uk/live-well/exercise/sitting-exercises/
The super six	https://www.cambridgeshireandpeterboroughccg.nhs.uk/easysiteweb/getresource.axd?assetid=15965&type=0&servicetype=1 6 simple exercises for strength and balance
CSP animation of the super six exercises	https://vimeo.com/232010084
Up and about booklet	http://www.healthscotland.com/uploads/documents/23464-Up%20and%20about-Taking%20positive%20steps%20to%20avoid%20trip%20and%20falls-April%202019-English.pdf
The 'I can' exercise calendar	https://media3.laterlifetraining.co.uk/wp-content/uploads/2020/03/LLT-Calendar-2020-Final.pdf





Exercises for those with osteoporosis	https://theros.org.uk/information-and-support/living-with-osteoporosis/exercise-and-physical-activity-for-osteoporosis
Exercises for those with osteoporosis	https://osteoporosis.ca/health-care-professionals/clinical-practice-guidelines/exercise-recommendations/
Go for Life	https://go4life.nia.nih.gov/
ExWell Medical	https://www.exwell.ie/resources
Be Fit for Life	https://twitter.com/ESCC255/status/1240010667748401152/photo/1
Finding Balance	Resistance band exercises https://findingbalancealberta.ca/wp-content/uploads/Resistance-Band-Exercises-DIGITAL2.pdf
Tallaght University Hospital	COVID19 aware exercises https://www.tuh.ie/Emergency-Services/Adult-Emergency-Department/COVID-19-Exercises-to-keep-you-moving.pdf
Swedish Health Board (Socialstyrelsen)	https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/ovrigt/2018-6-32-engelska.pdf


Exercise options in different languages	
Karolinska Institutet	4 simple exercises for strength and balance (Swedish) https://rib.msb.se/filer/pdf/27338.pdf
Swedish Health Board (Socialstyrelsen)	Swedish: https://www.socialstyrelsen.se/stod-i-arbetet/aldre/aldres-halsa/fallolyckor/balanseramera/filmer/
Traditions TV (Swedish)	Tränings tips för äldre & demenssjuka (Exercise tips for older people and people with dementia) https://www.youtube.com/watch?v=k56cYeoWrnY



Zu Hause trainieren	https://www.sichergehen.ch/zu-hause-trainieren In German, Italian or French
Cordaan in Beweging (Dutch)	https://www.youtube.com/channel/UCg1BHzvBWBZdBY46N5Uus-g
Dutch exercise advice	https://www.veiligheid.nl/valpreventie/voorlichtingsmateriaal

Apps		For phones or tablets
Otago exercise programme		Falls prevention / strength and balance programme
Clock yourself		Balance and cognitive challenge exercises



iPrescribe Exercise		12-week exercise plan based on health information entered by the user

Advice pages	
Getting up off the floor	https://www.nhsinform.scot/healthy-living/preventing-falls/dealing-with-a-fall/what-to-do-if-you-fall
Falls advice	https://fallsassistant.org.uk/

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