



Ideas for staying active and eating healthily at home

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Sunderland




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City Council

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If you or anyone in your family have any food allergies please check ingredients before cooking

The cooking instructions and directions in the recipes are offered as guidelines only. Use your best judgement and proper discretion when preparing or consuming any food.

Links to useful websites

Coronavirus Government Guidelines

<https://www.gov.uk/coronavirus>

NHS Choices

<https://www.nhs.uk>

Sunderland City Council

<https://www.sunderland.gov.uk>

Change4lifesunderland Facebook

<https://www.facebook.com/Change4lifesunderland>

Active Sunderland

<https://www.activesunderland.org.uk>

Tyne & Wear Sport

<https://www.tynewearsport.org>

Sport England

<https://www.sportengland.org>

Being healthy

Being physically active right now is more important than ever.

Being active in a way that is right for you can:

- Improve your physical health
- Increase our life expectancy
- Improve the strength of our muscles and bones
- Reduce our blood pressure
- Increase our levels of 'good' cholesterol
- Improve our mental wellbeing by alleviating anxiety and stress

In these uncertain times, it would be easy for our physical activity levels to fall. However, you can still go outside for a walk, run, cycle or any other outdoor activity you would normally do provided you are doing so in a way that meets the latest government guidance on social distancing.

Ways to be healthy at home

- Exercising
- Eating a balanced diet that is healthy
- Washing your hands!
- Getting enough sleep
- Brushing teeth
- Keeping yourself clean and hygienic



Family activities

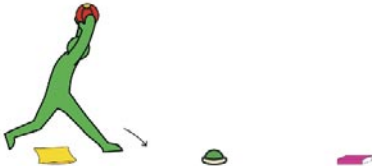
Simba's Jungle Skills

How to play...

- 1 To get started, build your course. Find 6 toys, cushions or hats and place them in a line with 2 steps between them.



- 2 With a football in your hands, take big lunges forward over the toys and raise the ball above your head. Bring your feet back together and the ball to your chest.



- 3 Keep going until the end of your course.



- Next put the football down in front of your feet and test your agility by dribbling the ball through the course.



- If you find it difficult, put the ball aside and dodge through the course instead.



- Repeat this as many times as you can for 10 minutes to build up your stamina!

Anna's Frozen Game

How to play...

- 1 Find something to play music on and choose a DJ.



- 2 Start dancing and do your best moves!



- 3 When the DJ stops the music, you all freeze.



- 4 If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!



Timon and Pumba's Power Moves

How to play...

- 1 Facing each other, hold hands with your toes touching. Lean back supporting each other, bend your knees, then come back up.



- 2 With your backs together, link arms. Sit down, stick your legs out, then stand up.



- 3 Lie on your backs opposite each other, so your toes are level with the other person's knees. Then circle your legs over theirs.



- 4 Repeat all 3 power moves for 10 minutes.

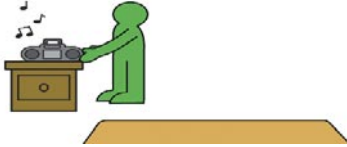
Repeat!



Jungle Jig with Nala and Simba

How to play...

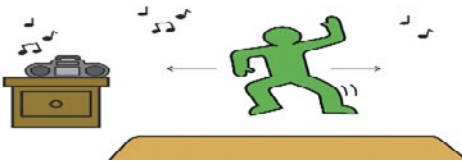
- 1 Start playing some music or put the radio on.



- 2 Take 2 sideways steps right and tap the toes of your left foot on the ground in time with the music. Then do the same to the left.



- 3 Now add some arm moves! As you step each way, wave your arms side to side above your head!



- 4 Finally, after your 2 steps in each direction, do a special dance move. Try a star jump, dabbing, flossing or swiveling your hips like you have a hula hoop.



Dash's Ball Skills

How to play...

- 1 Grab a football or balloon. Count how many keepie-uppies you can do with your feet, hands and head.



- 2 Now try with just your head and feet.



- 3 Now with just your feet.



- 4 Now switch between right and left feet. Master as many skills as you can in 10 minutes!



Exercising at home for adults

Warm-up

Time approx. 5 min

Any warm-up should be completed at a low-moderate intensity with the aim of increasing your breathing and heart rate, getting the blood flowing around your body and priming your muscles and joints ahead of more vigorous exercises to come.

Alternate marching and then jogging on the spot with completing 30 seconds each of the following:

Wrist rotations:



Hamstring curls:



Shoulder rolls:



Chest presses:



High knees:



Squats:



Shoulder presses:



Lunges:



Cool down

Time approx. 5 min

A cool down is important because it is a gradual, safe and controlled way of lowering your breathing, heart rate and stretching the muscles that you have been working. This minimizes any feelings of soreness the following days. March on the spot for 2 minutes

Complete 15-20 seconds of each stretch

Calf stretch:



Hamstring stretch:



Quadricep stretch:



Chest stretch:



Back stretch:



Shoulder stretch:



Triceps stretch:



Workout One

Complete each exercise for 30 seconds with 15 seconds rest before the next exercise. Aim to complete the set of 6 exercises 1-3 times depending upon how you feel.

Mountain climbers:

In a plank position, bring one knee up towards your chest and then take it back to the starting position. Repeat with the opposite knee. Steps can be sped up to increase intensity. Try to avoid raising your hips. Imagine you have a tray of drinks balanced on your lower back – don't spill them!



Squats:

With feet hip width apart bend your knees to lower into a sitting position and then return to a standing position, keeping your head and chest elevated and looking forward. For a more vigorous workout you can complete a 'jump squat' repeatedly jumping from the seated position and landing softly in a seated position.



Press ups:

Start in a press-up position, bend your elbows and slowly lower, ensuring your chest and stomach do not touch the ground. When you are within a couple of centimetres of the ground, or at a point where you feel is your limit, push yourself back up. The movement can be modified by doing it from the knees or by doing them leaning against a wall.



Reverse lunge:

Standing upright take a comfortable stride backwards with your right leg and then lower your right knee towards the ground– it should not touch the ground, try to get approximately the height of a soup can distance from the floor. Come back up to standing and repeat the movement on the opposite leg. Make sure your front knee does not come further forwards than your toes. If it is, your stride backwards needs to be a little longer.



Star jump:

Stand with your arms by your sides. Jump and simultaneously take both arms out so they are shoulder height and take your legs wider, so they are more than shoulder-width apart. When you land, jump again returning to the starting position. The movement can be modified by stepping out alternative sides rather than jumping.



Crunches with a twist:

Lie on your back, knees bent and feet flat on the floor. Arms should be out in front with hands resting on stomach/hips. Raise your left shoulder off the floor and touch your left hand on to your right knee before returning to the floor. Repeat with the right shoulder and hand. You should aim for a fluid motion, alternating hands and breathing out on the way up and in on the return.



Workout Two

Complete each exercise for 30 seconds with 15 seconds rest before the next exercise. Aim to complete the set of 6 exercises 1-3 times depending upon how you feel.

High knees:

Standing upright, bring one knee up to above hip height before returning to the start position and repeating with the other leg. Continue to alternate. The exercise can be made more vigorous by increasing the speed of repetition from stepping to hopping to running.



V Lunge:

Standing upright take a stride forwards bending both knees as you land so that the back knee is approximately a soup can distance from the floor. Bring the foot back to the starting position and repeat with the other foot. The feet should go out at an angle to make a 'V' pattern on the floor.



Triceps dips:

Using a chair/bench/stair position yourself sit on the ledge with feet/legs out in front and your hands placed on the lip. Lift yourself up onto your hands and then lower your bodyweight, bending through the elbows. Lower yourself as far as feels comfortable before returning to the starting position and repeating. Then modify the movement by placing the feet closer to you (easier) or further away (harder) or even use only one foot?! (very hard)



Rows:

With a suitable weighted item (tinned goods, bottles of washing liquid, a sports bag/tied up pillow case filled with items) stand with feet shoulder width apart, knees slightly bent and leaning forwards from the hips. With the weighted items in hand, bring the hands from approximately knee height up and in towards the hips, ensuring you bring the elbows backwards, before returning to the starting position and repeating.



Hip twists:

Standing upright bring your arms up to around chest height with elbows bent to approximately 90 degrees. With feet together then perform a small jump and turn your feet to the right. Upon landing jump again and twist the feet to the left. As the feet twist turn the upper body (using the arms as leverage) in the opposite direction.



Ankle tap crunches:

Lie on your back, knees bent and feet flat on the floor. Arms should be out in front with hands resting on stomach/hips. Raise your left shoulder off the floor and touch your left hand on to your left ankle before returning to the floor. Repeat with the right side. You should aim for a fluid motion, alternating sides and breathing out on the way up and in on the return.



Workout Three

Complete each exercise for 30 seconds with 15 seconds rest before the next exercise. Aim to complete the set of 6 exercises 1-3 times depending upon how you feel.

Side squats:

Stand upright with feet together. As you sink in to a squat, take a large step sideways so that your feet are wider than hip width at the bottom of the squat. Return to the starting position and repeat with the opposite leg. To modify the exercise, you can speed up the movement, making a small jump as you change sides.



Plank:

Maintain a plank position for 30 seconds. Ensure your body remains as straight as possible. The exercise can be modified by completing it from the elbows and/or knees. It may also be done against a wall.



Hamstring curls:

Standing upright bend your knee to bring one foot up towards your backside in a reverse kicking action. Return to the start position and repeat on the other side. The exercise can be modified by speeding up the movement with a little bounce between repetitions.



Shoulder press:

With a suitable weighted item (tinned goods, bottles of washing liquid, a sports bag/tied up pillow case filled with items) stand upright with feet shoulder width apart. With the weighted items in hand, bring the hands to approximately shoulder height and then push the hands up over the head before returning to shoulder height up and in towards the hips, ensuring you bring the elbows backwards, before returning to the starting position and repeating.



Biceps curl:

With a suitable weighted item (tinned goods, bottles of washing liquid, a sports bag/tied up pillow case filled with items) stand with feet shoulder width apart, knees slightly bent and hands by your sides. With the weighted items in hand, bend at the elbow bringing the hands towards your face and ensuring you keep the elbows tucked in towards the body before returning to the starting position and repeating.



Squat and hold:

With feet shoulder width apart, sink in to a squat position with knees as close to 90 degrees as you can. Maintain that position for 30 seconds. Ensure you keep your chest elevated and look forward. Try to keep your hands off your legs. You can modify the exercise by performing it with your back against a wall.





Exercising at home for older adults

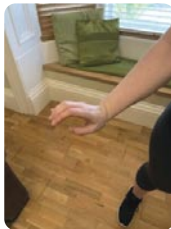
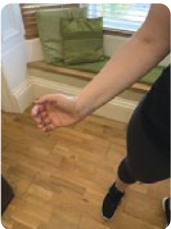
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Time approx. 5 min

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Alternate marching and then jogging on the spot with completing 30 seconds each of the following:

Wrist rotations:



Hamstring curls:



Shoulder rolls:



Chest presses:



High knees:



Squats:



Shoulder presses:



Cool down

Time approx. 5 min

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Complete 15-20 seconds of each stretch

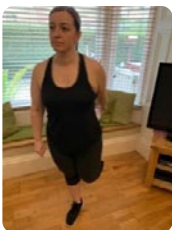
Calf stretch:



Hamstring stretch:



Quadricep stretch:



Chest stretch:



Back stretch:



Shoulder stretch:



Triceps stretch:



Workout One

Complete each exercise for 30 seconds with 30 seconds rest before the next exercise. In your 30 seconds of rest move on to the next station and get ready. Once you have completed all 6 exercises in the circuit, have a 2-minute rest and repeat 1 more time. If you would like to challenge yourself do the circuit 3 times. If it is too challenging only perform the circuit once through.

Shuttle walks or marching on spot:

Make the distance from wall to wall or somewhere you can get 5-10 paces. Walk forwards turn around and walk back. If you have no space or difficulty walking march on the spot or perform knee raises.



Squat or sit 2 stand:

With feet approximately hip width apart, bend your knees to lower into a sitting position (imagine sitting on the loo) and then return to a standing position. Keep your head and chest elevated and looking forward. For a more vigorous workout you can complete a 'jump squat' repeatedly jumping from the seated position and landing softly in a seated position. An easier option is to sit on a chair and stand up tall then lower back down to sit on the chair.



Press up or wall press up:

Start in a press-up position, bend your elbows keeping them close to the body and slowly lower, ensuring your chest and stomach do not touch the ground. When you are within a couple of centimetres off the ground, or at that point where you feel is your limit, push yourself back up. The movement can be modified by doing it from the knees or by doing them leaning against a wall.



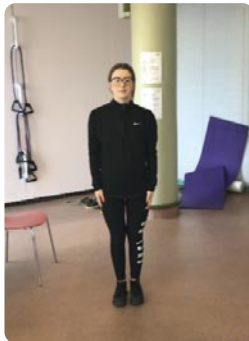
Reverse lunge:

Standing upright take a stride backwards, bending both knees as you land so that the back knee is approximately a soup can distance from the floor. Bring the back foot to the starting position and repeat with the other foot.



Jump Jack or Step Jack:

Stand with your arms by your sides. Jump and simultaneously take both arms out so they are shoulder height and take your legs wider, so they are more than shoulder-width apart. When you land, jump again returning to the starting position. The movement can be modified by stepping out alternative sides rather than jumping.



Upright row:

Standing upright, hold 2 cans or tins of canned goods 1 in each hand. Start with the arms hanging straight down the front of the body, palms holding tins facing the body. Pull the weight directly up the front of your body, elbows high. When the weight/tins get to chest height lower back down to the starting position. To make it harder use heavier weights and for an easier option use lighter weights or just your hands.



Workout Two

Complete each exercise for 30 seconds with 30 seconds rest before the next exercise. In your 30 seconds of rest move on to the next station and get ready. Once you have completed all 6 exercises in the circuit, have a 2-minute rest and repeat 1 more time. If you would like to challenge yourself do the circuit 3 times. If it is too challenging only perform the circuit once through.

High knees:

Standing upright bring one knee up to above hip height before returning to the start position and repeating with the other leg. Continue to alternate. The exercise can be made more vigorous by increasing the speed of repetition from stepping to hopping to running.



Shoulder press:

With a suitable weighted item (tinned goods, bottles of washing up liquid) 1 in each hand stand upright with feet shoulder width apart. With the weighted items in hand bring the hands to approximately shoulder height and then push the hands up over the head, (arms locked out) before returning to shoulder height and repeat. If a weighted item is too much perform without any weight.



Deadlifts:

With suitable weighted item such as a bucket with a handle, a sports bag with handle or holdall bag or even a tin of beans in each hand). Standing upright feet hip distance apart. Lean or hinge over at the hips lowering the weighted item to your shins keeping the back straight/tight and knees with a slight bend. Once at the shins return to a standing tall position and squeeze the backside. If there is any discomfort then do not go as low- just stop at the knees and return, or alternatively perform a sit 2 stand.



Squat or sit 2 stand:

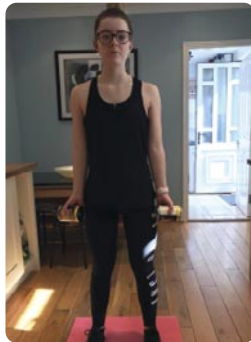
With feet approximately hip width apart bend your knees to lower into a sitting position (imagine sitting on the loo) and then return to a standing position. Keep your head and chest elevated and looking forward. For a more vigorous workout you can complete a 'jump squat' repeatedly

jumping from the seated position and landing softly in a seated position. An easier option is to sit on a chair and stand up tall then lower back down to sit on the chair.



Lateral raise:

With a suitable weighted item (tinned goods, bottles of washing up liquid) 1 in each hand. Stand upright with feet shoulder width apart. Raise the items horizontally until they reach shoulder height. Once there pause for a second and return to starting position. If too challenging, do it with the arms only and no weights.

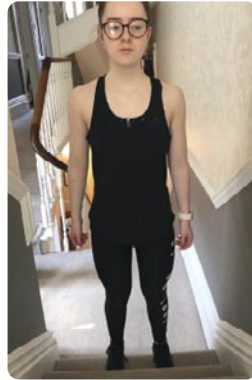
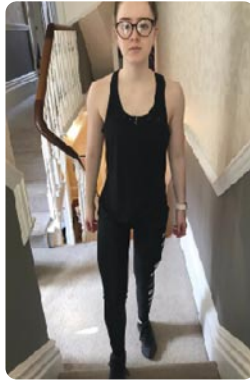


Workout Three

Complete each exercise for 30 seconds with 30 seconds rest before the next exercise. In your 30 seconds of rest, move on to the next station and get ready. Once you have completed all 6 exercises in the circuit, have a 2-minute rest and repeat 1 more time. If you would like to challenge yourself do the circuit 2 or 3 times.

Step ups:

Stand facing a set of stairs or a step. One foot at a time place the whole foot on the step followed by the other then carefully step back off the stair/step one foot at a time. Repeat as many as you can in the time. Remember the full foot must be on the step. If this is uncomfortable or too challenging, try high knees or march on the spot.



Bent over rows:

With a suitable weighted item (tinned goods, bottles of washing liquid, a sports bag), stand with feet shoulder width apart, knees slightly bent and leaning forwards from the hips. With the weighted items in hand, bring the hands from approximately knee height up and in towards the hips, ensuring you bring the elbows backwards, before returning to the starting position and repeating.



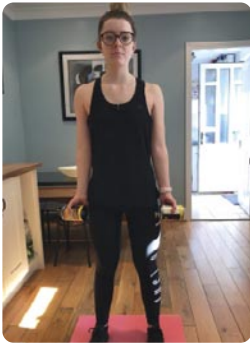
Hamstring curls:

Standing upright, bend your knee to bring one foot up towards your backside in a reverse kicking action. Return to the start position and repeat on the other side. The exercise can be modified by speeding up the movement with a little bounce between repetitions.



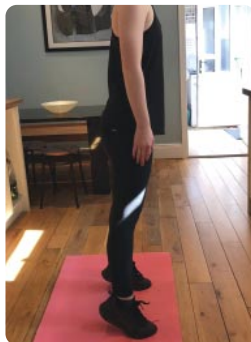
Biceps curl:

With a suitable weighted item (tinned goods, bottles of washing liquid, stand with feet shoulder width apart, knees slightly bent and hands by your sides. With the weighted items in hand bend at the elbow bringing the hands towards your shoulders ensuring you keep the elbows tucked in towards the body, before returning to the starting position and repeating.



Calf raises:

Standing with feet hip distance apart, raise the body up on to tip toes and squeeze the calf muscles then slowly return so that the feet are flat on the floor. To make this more challenging perform the same movement on a step or stair.



Plank:

Maintain a plank position for 30 seconds. Ensure your body remains as straight as possible. Squeeze the backside as you hold the plank. The exercise can be modified by completing it from the elbows and/or knees. It may also be done against a wall.





Smart breakfast recipes



Porridge with yoghurt and berries

Preparation time: 5 minutes, Cooking time: 10 minutes

Calories per portion: 207 kcal

Ingredients

150g porridge oats

0.9L Cold water

8 tbsp low-fat natural yoghurt

100g frozen summer berries or
frozen fruits defrosted

Method

- 1 Put the porridge oats and water into a non-stick saucepan. Heat and stir until boiling, then lower the heat and simmer gently, stirring often for 5 minutes.
- 2 Spoon the porridge into serving bowls and top each portion with 2 tablespoons of yoghurt. Spoon the berries on top and serve.



Breakfast Burritos

Preparation time: 10 minutes, Cooking time: 10 minutes

Calories per portion: 229 kcal

Ingredients

4 soft whole wheat flour tortilla

6 eggs

4 tbsp 1% fat milk

2 tomatoes, finely chopped

2 spring onions, finely chopped

1 pepper, any colour, deseeded and chopped

40g reduced-fat hard cheese, grated

1 pinch ground black pepper

Method

- 1 Lay out the tortillas on a work surface. Preheat the grill.
- 2 Beat the eggs and milk together in a bowl. In another bowl, mix together the tomatoes, spring onions, and pepper seasoning with black pepper.

- 3 Heat ½ tsp of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments to set the base.
- 4 Layer 1 tortilla with the cooked egg, a quarter of the tomato mixture and 10g of cheese. Grill to further set the egg and melt the cheese.
- 5 Roll up the tortilla and slice in half or wrap in foil to serve later. Repeat to make the other 3 tortillas.



Mini Apple and Banana Muffins

Preparation time: 20 minutes, Cooking time: 25 minutes

Calories per portion: 99 kcal

Ingredients

150g plain flour

1½ tsp baking powder

50g caster sugar

100ml semi-skimmed milk

1 egg

1tsp vanilla extract (optional)

40g lower-fat spread melted

1 medium apple peeled, cored and chopped

Method

- 1 Preheat the oven to 200 degrees Celsius, fan 180 degrees Celsius, gas mark 6. Put 12 paper cases into a bun tray.
- 2 Sift the flour and baking powder into a mixing bowl, then stir in the sugar.

- 3 Put the milk, egg, vanilla extract and melted low-fat spread in a jug and beat together. Add to the dry ingredients with the apple and mashed banana. Stir until just combined. Do not overmix.
- 4 Spoon the mixture into the paper cases and bake for 20-25 minutes until the muffins are risen and golden.
- 5 Carefully take the muffins in their paper cases out of the bun tray.

Smart lunch and dinner recipes



Super Stew and Dumplings

Preparation time: 20 minutes, Cooking time: 2 hours

Calories Per Portion: 307 kcal

Ingredients

- | | |
|--|---|
| 2 tsp vegetable oil | 2 celery sticks sliced |
| 280g braising steak (cut into chunks) | 1 bay leaf (optional) |
| 450ml reduced-salt beef or vegetable stock | 250g closed cup mushrooms, halve |
| 2 onions chopped | 100g self-raising flour |
| 2 garlic cloves crushed | 2 tbsp chopped parsley or ½ tsp mixed dried herbs |
| 2 large carrots (cut into chunks) | 50g reduced fat spread |
| | Freshly ground black pepper |

Method

- 1 Heat the vegetable oil in a large casserole dish or saucepan. Add the 280g lean beef and cook 2/3 minutes over a high heat until it is browned.
- 2 Pour the stock into the pan, adding the onions, garlic, carrots, celery, bay leaf and mushrooms.
- 3 To make the dumplings, sift the flour into a bowl with the parsley and some black pepper. Add the reduced fat spread to the flour, then rub in with your fingertips until the mixture looks like fine crumbs. Add just enough cold water (about 2 tbsp) to make a soft dough. Knead the dough lightly for a moment, then form into 12 small dumplings.
- 4 Add the dumplings to the stew, letting them sit on the surface. Cover and cook for another 25-30 minutes, until the dumplings are light and fluffy.



Turkey Burgers

Preparation time: 15 minutes, Cooking time: 15 minutes

Calories per portion: 177 kcal per burger

Ingredients

450g turkey mince	1 pinch ground black pepper
1 onion, chopped	4 burger buns
1 grated carrot	2 handful of lettuce leaves
50g sweetcorn	8 slices of tomato
2 tsp dried mixed herbs	

Method

- 1 Pre-heat the grill to medium-high heat.
- 2 Put the turkey meat, onion, carrot sweetcorn and herbs into a large bowl. Season with some pepper and mix together.

- 3 Grill the burgers for 12 to 15 minutes, turn them over once until browned and cooked. Remove from the grill and let rest for a couple of minutes
- 4 While the burgers are cooling, lightly toast the burger buns under the grill on the cut side only. Put some lettuce on the bottom halves and place the burgers on top. Add 2 slices of tomato onto each one and cover with the top half of the bun.



Vegetable Chilli

Preparation time: 20 minutes, Cooking time: 35 minutes

Calories per portion: 400 kcal

Ingredients

- 2 tsp vegetable oil
- 1 onion, chopped
- 1 carrot, finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 peppers (red, yellow or green), deseeded and chopped
- 300g pack meat-free mince (or for a meat alternative use lean beef or turkey mince)
- 420g can red kidney beans in water
- 400g can chopped tomatoes
- 2 tbsp tomato puree
- 100ml reduced-salt vegetable stock
- 200g long grain brown rice
- Freshly ground black pepper

Method

- 1 Heat the vegetable oil in a large saucepan and add the onion. Fry gently for 2-3 minutes, then add the carrot, garlic, chilli and peppers and fry for 2-3 more minutes, stirring often.
- 2 Add the meat-free mince, mix in the beans, tomatoes, tomato puree and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for 25-30 minutes.
- 3 At the same time, cook the rice in plenty of gently boiling water – it will take 25-30 minutes.
- 4 Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.



Pizza Calzone

Preparation time: 10 minutes, Cooking time: 10 minutes

Calories per portion: 242 kcal

Ingredients

- | | |
|--|--|
| 1 red pepper deseeded and thinly sliced | 4 soft whole-wheat flour tortillas |
| 1 yellow pepper deseeded and thinly sliced | 80g reduced fat mature cheddar cheese grated |
| 150g closed cup mushrooms sliced | 1 pinch ground black pepper |
| 4 tomatoes | 4 handfuls mixed salad leaves |
| 3 tsp dried Italian mixed herbs | 1 carrot grated |
| | 2 celery sticks chopped |

Method

- 1 Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4-5 minutes, turning once. Add the tomatoes and herbs, then season with black pepper. Keep warm.

- 2 Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30-40 seconds until melted.
- 3 Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.
- 4 Repeat with the remaining tortillas. Serve with the salad leaves, grated carrot and celery.

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