



The Commonwealth

Advice and resources on staying physically active

Coronavirus (COVID-19) Response Centre

25th March 2020

This guidance is intended for people without any symptoms or diagnosis of respiratory illness. It should not replace medical guidance in case of any health condition.

Advice and Guidance

Stay physically active during self-quarantine

World Health Organization

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

Posted 22nd March 2020

How to stay active while you're at home

Sport England

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

Posted 22nd March 2020

UFIT repository of inclusive activities and exercise sessions for people with disabilities

Universal Fitness Innovation & Transformation (UFIT) - UNESCO Chair Tralee

<https://justdofit.com/ufit-homexercise/>

Posted 19th March 2020

Home Exercise

This Girl Can

<https://www.thisgirlcan.co.uk/activities/home-exercise/>

Posted (No Date)

Resources and Workouts

PE with Joe - Home workouts for children

The Body Coach

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Posted 23rd March 2020

Junior NBA at Home

National Basketball Association

<https://jr.nba.com/jrnbaathome/>

Posted 20th March 2020

Virtual Fitness Studio

National Health Service (UK)

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Posted 6th August 2019

Special Olympics School of Strength fitness movies

Special Olympics International

<https://www.specialolympics.org/school-of-strength/fitness-movies>

Posted (No Date)

Born to Move - Free Subscription

Les Mills On-line (Dance, Yoga and Martial Arts Video Classes for Children and Adults)

<https://watch.lesmillsondemand.com/born-to-move-free>

Posted (No Date)

14 (Home) Exercises for Seniors to Improve Strength and Balance

Lifeline Canada

<https://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/>

Posted (No Date)

Contact

For more information or to share other relevant resources and guidelines please contact:

Sport for Development and Peace Team

Economic, Youth and Sustainable Development Directorate

Commonwealth Secretariat

E. sdp@commonwealth.int