



Advice and resources on staying physically active

Coronavirus (COVID-19) Response Centre

2nd April 2020

Contents

Advice and Guidance	1
Resources and Workouts	2
General	2
Children	2
Persons with Disabilities.....	2
Seniors.....	3

Due to the evolving nature of the Coronavirus (COVID-19) pandemic, some advice and resources could go out of date. This guidance is intended for people without any symptoms or diagnosis of respiratory illness. It should not replace medical guidance in case of any pre-existing health condition.

Advice and Guidance

India

[How to Stay Active during Quarantine: COVID-19 Prevention](#)

Fitpass India

Jamaica

[5 Easy Ways You Can Get Fit at Home](#)

Jamaica Moves

New Zealand

[Staying Active in Lockdown](#)

Sport New Zealand

United Kingdom

[Stay in, work out](#)

Sport England

[This Girls Can Home Exercise](#)

This Girl Can

[Moving more while at home](#)

Activity Alliance: Disability Inclusion Sport

World Health Organization

[Stay physically active during self-quarantine](#)

World Health Organization

Resources and Workouts

General

[Born to Move - Free Subscription](#)

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

[Home Workouts](#)

Public Health England

[Nike Training Club free access](#)

Nike Inc.

[Virtual Fitness Studio](#)

National Health Service

Children

[iMovement - Free fun activities for parents to keep children happy, healthy and focused](#)

iMoves

[Junior NBA at Home](#)

National Basketball Association

[PE with Joe - Home workouts for children](#)

The Body Coach

Persons with Disabilities

[Inclusive Home Workouts: Health, Physical Activity and Disability](#)

National Center on Health, Physical Activity and Disability (NCHPAD), USA

[Special Olympics School of Strength fitness movies](#)

Special Olympics International and World Wrestling Entertainment

[UFIT repository of inclusive activities and exercise sessions for people with disabilities](#)

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

Seniors

[14 \(Home\) Exercises for Seniors to Improve Strength and Balance](#)

Lifeline Canada

[PE with Joe - Home Workouts for Seniors](#)

The Body Coach

[Tune in to 10 minutes of physical activity today](#)

10 Today

Contact

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

Sport for Development and Peace Team

Economic, Youth and Sustainable Development Directorate

Commonwealth Secretariat

E. sdp@commonwealth.int