

STAYING FIT AND HEALTHY DURING #COVID19

Health & Wellbeing



- Follow WHO and HSE guidelines around hygiene and social distancing
- Get the facts at <https://www2.hse.ie/coronavirus/>

Exercise & Fitness

- Stay active to stay well
- Avoid public facilities
- Exercise at home or outdoors – see ‘Staying Fit Out of the Pool’ for detail
- This period is an opportunity to focus on areas of weakness
 - Mobility
 - Rehab
 - Exercise for leisure and fun

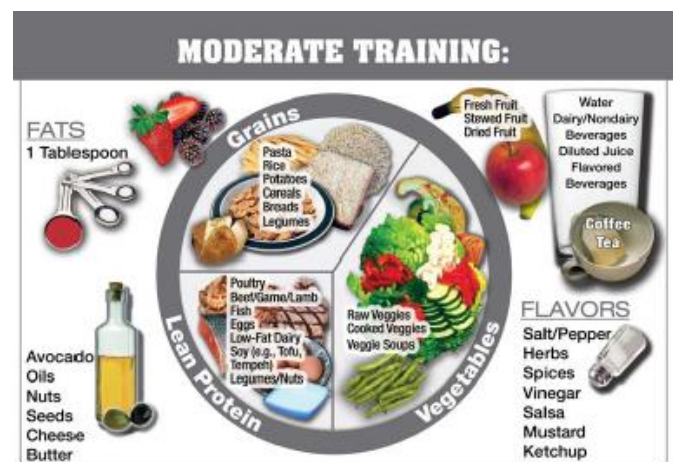


Fuelling

- It is important that you fuel in line with your daily needs. Remember:

Reduced physical activity = reduced energy requirements

- A typical teenager should follow the ‘Moderate Training’ plate guidelines during periods of reduced training demands
- To ensure appropriate fuelling during this period, consider the following:
 - Maintain 3 main meals per day – breakfast, lunch and dinner
 - Maintain overall protein intake – see plate guidelines for sources
 - Utilise smaller portion sizes
 - Choose lower calorie snack options



Low Calorie Snack Options

- Fruit
- Yogurt
- Hummus & crackers
- Rice Cakes with nut butter
- Cheese & crackers
- Popcorn

STAYING FIT OUT OF THE POOL

Key Advice

- Stay away from public facilities
- Exercise at home or outdoors in uncrowded spaces - #SocialDistancing
- Work on areas that may otherwise be neglected
 - Mobility
 - Stamina
 - Muscular Endurance
 - Rehab old injuries

Cardiovascular Training Options

- These can be completed as either long extensive workouts or fartlek style (long extensive interspersed with short bursts of higher intensity work)
1. Walking/running or a combination of both
 - a. Build up volume/intensity slowly if you do not run regularly
 - b. Choose an alternative option if previous injury prevents you from running
 2. Cycling
 - a. If cycling outdoors, ensure you wear appropriate clothing and adhere to the rules of the road
 - b. A turbo trainer would allow you to set up a stationary bike at your house
 3. Circuit Training
 - a. Using a combination of running on the spot, skipping, jumping jacks, mountain climbers and burpees you can create an aerobic workout at home
 - b. An example circuit starts with 15s work & 30s rest with 1-minute rest between rounds repeating these 3 to 5 times – progress by increasing the work period



Strength/Muscular Endurance Training Options

Choose 1-2 exercises from each column and complete 3 to 5 rounds with 1-2 minutes rest between rounds:

| Core | Legs | Chest/Shoulders | Back |
|---------------------------------------|--|---|--|
| Plank (30 seconds) | Lunge with twist (20 repetitions alternating legs) | Press – Ups (8-15 repetitions) | TRX Row (8-12 repetitions) |
| Dead Bug (30 seconds) | 1 Leg Romanian Deadlift (6-10 each leg) | Bench Dips (8-12 repetitions) | Seated Banded Row (8-12 repetitions) |
| Bird Dog (30 seconds) | Glute Bridges (12-20 repetitions) | Inverted Push Ups (4-8 repetitions) | Chin – Ups (6-10 repetitions) |