**Physical Activity & Wellbeing**

The physical and mental benefits of exercise are well documented and we should do our best to support people to stay fit and healthy in body and mind through these challenging times.

**Indoor Physical Activities**

* We are all aware that weights rooms and enclosed gyms have been closed on instructions from the Government, but we should make every effort to remain as fit as possible.
* If a prisoner wishes to work out in cell we should encourage them to make as much space as possible in the cell and remove all items from the floor space before starting a workout. Where prisoners are in a double cell they should be encouraged to work out one at a time to ensure there is enough space to do this as safely as possible.
* We should encourage prisoners to warm up and cool down before taking part in any exercise:
* Appropriate sports kit should be made available and laundered alongside other prison clothing.



* We should encourage prisoners to maintain their wellbeing through the self-care methods:



* There are a number of published workouts that have been designed for use in small spaces including but not exclusively the following resources:

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| <https://darebee.com/> has 1000’s of online resources that give pictorial exercise routines that can be printed off including: |
| <https://www.cell-workout.com/> this is also available as a book and will be in most prison libraries as well as available to purchase on the prison canteen |
| <http://www.insideworkout.com/> The owner of Inside Workout has offered to update this website with a new workout each week to include yoga |

**Staff Wellbeing**

The closure of gym facilities also means that staff need to find new ways of maintaining their fitness and wellbeing.

* Staff should try to exercise at home and observe social distancing as advised by the government
* Where appropriate staff may wish to go for their daily exercise by going for a walk or run at lunchtime outside of the prison, whilst maintaining social distancing
* To maintain fitness you should try to follow the Chief Medical Officer guidelines of 150 minutes a week of moderate intensity aerobic activity or 75 minutes of vigorous activity where possible, this does not have to be done in one attempt, a breakdown of 5 x 30 minutes over 7 days is recommended.
* Muscle strengthening activities such as weight training or body weight exercises come into this category and should be carried out at least twice a week.
* Moderate activities – walking, running, dancing, gardening, stepping on a stair or box
* Vigorous – Body weight exercise as such associated with circuit training for example, Press Ups, Burpees, Jumping exercises. Skipping with a rope, aerobic dancing such as Zumba. (Many online workout classes for people to do at home are becoming available during the pandemic)
* Staff may wish to practice self-care to support their mental wellbeing including yoga, mindfulness and creating a routine outside of work.

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