**CARE: Keeping Moving Indoors**

At the moment, the weather can put us off going out for a walk, but it is still important to keep our bodies moving, so that when the sun does come out, you are ready to get outside for a lovely dose of fresh air!

There are plenty of home exercise videos and ideas to choose from on the internet to suit everyone. Why not try out:

**10 morning stretches to help kick-start your day**

<https://www.bupa.co.uk/newsroom/ourviews/waking-up-stretching>

You don’t even have to get out of bed for the first three!

**Chair Based Pilates**

<https://www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video/>

Pilates is a great form of exercise, but if you don’t like getting down onto the floor (or up again), why not try this chair based session? You really can exercise while sitting down!

**Belly dancing for beginners**

<https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/>

This is really fun way to get fit and raise your spirits. This is the ideal opportunity for you to try this out at home without anyone watching!

**Silver Swans**

<https://www.royalacademyofdance.org/rad-at-home/silver-swans-classes-online/>

You may have heard of the Royal Academy of Dance’s ‘Silver Swans’ ballet classes for adults. Nine classes have now been put online, so why not give it a try (and for those of you who went to ballet classes as a child, you’ll be amazed how it all comes back to you!)