



**Health & Wellbeing Board
COVID-19 & the impact on
physical activity
1 October 2020**



Professor Sir Michael Marmot

"...once lockdown went into place, it exposed the fault lines in society: those who could work from home and those who could not; those who could retreat to holiday homes and those in crowded flats; those with income reserves and those who could not afford to buy food; those in a position to offer home education to their children and those not so fortunate or well equipped."

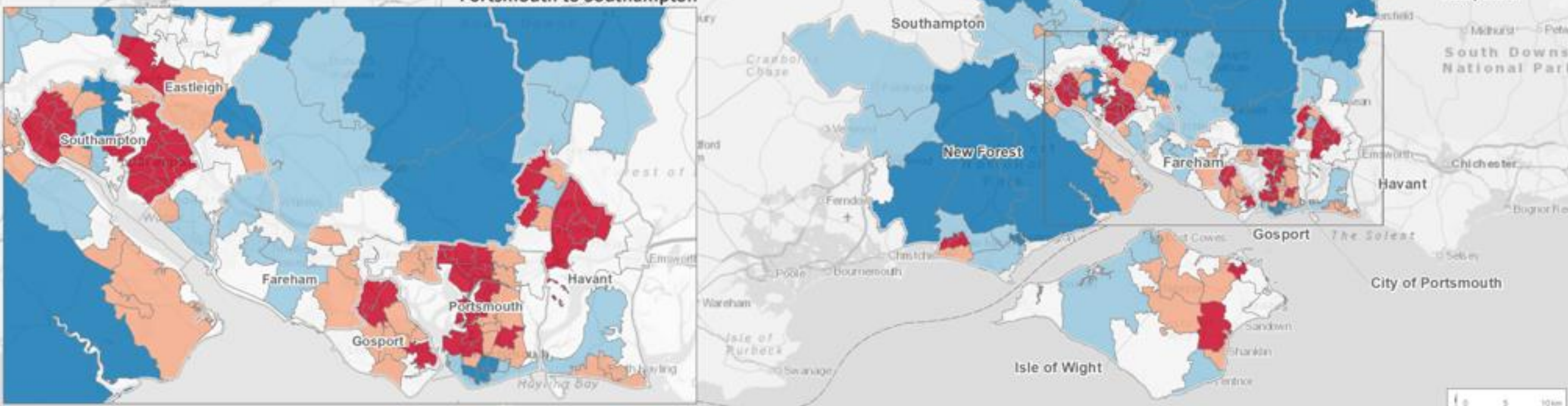
Society and the slow burn of inequality. The Lancet May 2020

Small Area Estimates

Active Lives - Year 4 (Nov 2018/19)

Active Lives Inactive estimate (%)
Nov 18-19 excluding gardening, by
MSOA in quintiles

- 13.7% - 18.1%
- 18.2% - 20.4%
- 20.5% - 22.4%
- 22.5% - 24.2%
- 24.3% - 32.7%

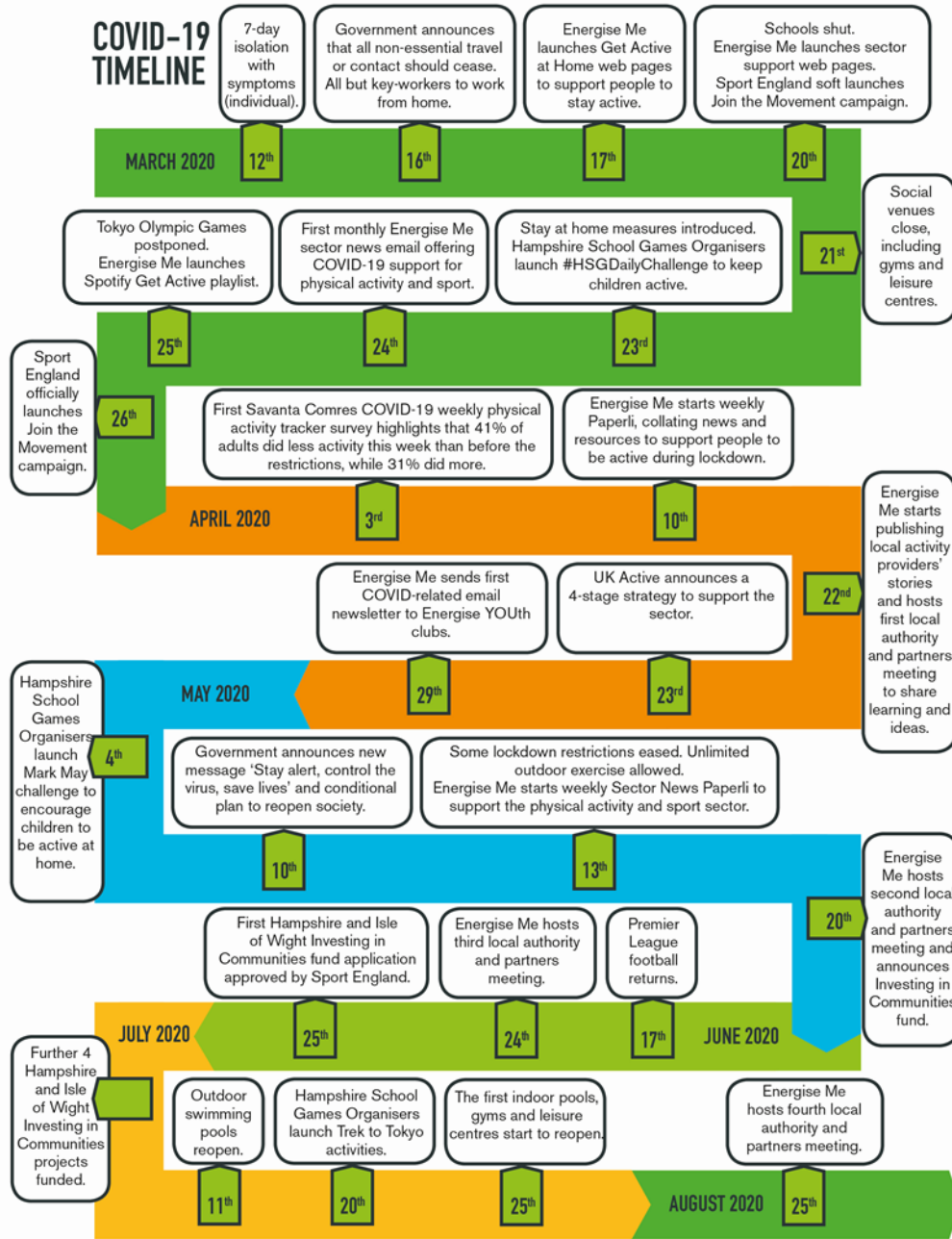


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Numbers of People in targeted groups inactive Pre COVID-19

- 204 000 People aged 35-74 years were inactive
- 192 000 Females were inactive
- 115 000 NS sec 6-8 were inactive
- 114 000 People with a limiting illness were inactive
- 82 000 People over 75 years were inactive

COVID-19 TIMELINE



Meet Sophie who discovered Couch to 5K during lockdown. Sophie never saw herself as someone who would write a blog about getting active. But lockdown and a **lack of outdoor space** prompted her to #jointhemovement with Couch to 5k. Sophie wanted to get to grips with those extra lockdown pounds and 'keep up' with friends who were taking on exercise challenges.

[An unexpected path from couch to 5k](#)



Key worker who loves to move



Meet Ros, a physiotherapist at the Royal Hampshire County Hospital who runs a small business [Love to Move](#) offering exercise classes in **adapted Tai Chi and Pilates**.

Ros usually works in outpatients but was moved to work on the wards during the crisis.

Ros teaches adapted Tai Chi and Pilates to support her outpatients who suffer with conditions such as hypermobility and fibromyalgia. She says “Tai Chi in particular, is a helpful way to help people with fibromyalgia to exercise. It’s more accessible than most forms of exercise. It helps to start to get people moving and is also very mindful, which is helpful when you suffer from persistent/chronic pain.

During lockdown, Ros took her classes online.

Amanda from Momentum has seen their accessible online classes become a huge success.

Momentum is a local charity that aims to make dance accessible to everyone. They make dance accessible to disadvantaged children. They also offer Gems classes for over 65's and Liberate Dance for wheelchair users. Most of Momentums members are those who would be considered vulnerable and at risk. To maintain as much normality as possible, they needed to take their offer online. The classes support participants all round well-being. They are not just about dance. They are about the people and the support network they've built.

Retaining and Growing Accessibility with online classes



Moving referral classes online



Specialising in GP exercise referral for older people and those with chronic conditions such as COPD, diabetes, arthritis and osteoporosis, Christine delivers classes specific to individual needs. Pre-lockdown she taught over 18 classes a week for a range of organisations including Places for People and the Saints Foundation. She now busy offers a range of daily online classes including Pilates, Yoga, Les Mills Body Balance, Legs Bums and Tums and HIIT from her garage.

Discussion

What action can we, our organisations & networks do to help communities be active?

THANK YOU

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