



Keep Moving... Keep Happy!

Super-Agers is a project working with a range of partners across Cwm Taf Morgannwg health board to support people aged 50+ to live healthy, active and happy lives. Our aim is to improve mental and physical well-being as well as reducing loneliness and social isolation.

Our plans included doing this in local Community Centre's, creating groups which could support each other to stay active and building stronger communities. Our plans have had to change since the announcement about “social distancing” and as a result we have created this booklet to support you to be ‘Active at Home’.

Hopefully, some of the things in this booklet will help you to “move more” (even if its around your home), identify where you can find out more information, plan how to stay connected and how to keep your mind active. We would of course like to know how you get on with this journey and will try to catch up with you to find out how things are going.

We are also keen to share with others how everyone who took part managed to be active at home. As such we have included some pages for you to keep track of what you managed to do and how it made you feel.

We recognise that not all of us enjoy the same things so this is your opportunity to create your plan for staying happy and healthy that is completely unique to you. Hopefully this can be a way to create healthy habits at a time when we all need a little more support. Please feel free to share this resource with anybody you feel may benefit from it.

GOOD LUCK!!

Our “Active at Home” Challenge is for you (and lots of others too!)

We are on a mission to support older adults to remain active and healthy at home at a time when people are having to spend more time indoors.

Put quite simply we are sharing with you the following:

A DVD made by our own instructors that can take you through a ‘Seated Exercise’ session which is safe for most people and a “Tai Chi” session to support your mental wellbeing.

We have included a ‘stretch band’ so that you can do all of the things shown in the seated exercise session.

We have included a ‘pedometer’ or a step counter - a simple piece of equipment to help you count the amount of steps you cover in a normal day - you may want to set a target or to improve on previous days.

We have also included some charts for you to keep track of how active you were and how you were feeling at the beginning of the period and at the end.

We know this is a small and simple offer but really hope it helps (even a little bit).

THANK YOU FOR GIVING IT A TRY!



There are 8 weeks of tracker pages for you to complete later in this booklet, here is an example to help you get started...

WEEK TRACKER 'Example'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	<p>I exercised on Mon/Tue/Thu/Fri and Sunday- 30 minutes each day</p> <p>Mon- Tai Chi with Geoff Tues- Chair Exercise with Ady Thur- WALKED ON THE SPOT(20 mins) Fri - Chair Exercise with Ady Sunday - Tai Chi with Geoff plus a walk</p>
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	<p>Mon- 4,000 steps Tues- 4,500 steps Thur- 8,500 steps Fri - 4,000 steps Sunday - 10,000 steps</p> <p>TOTAL -= 31,000 STEPS</p>
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	<p>I wrote 3 letters on Wednesday to my best friends- <u>1 hour</u></p> <p>Saturday -I drew a rainbow and placed in my window for people to see how positive I am <u>30 minutes</u></p> <p>I started knitting squares whilst listening to my favourite music on Sunday- <u>2 hours</u></p>
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10? A score of 1 would be very unhappy and 10 very happy</p>	<p>8/10</p> <hr/>



STAY CONNECTED

Staying connected is one of the many ways we can combat feelings of loneliness and social isolation even if we can't get together face to face. This doesn't mean hours of chatting and what we enjoy socially can be very different from person to person. To help identify ways you like to 'connect' take your time in filling out the following...

MY SOCIAL CONNECTIONS

Write down your social network - this doesn't have to always be close friends or family, this could be people who telephone you, write to you or ask how you are, people that help you with tasks such as shopping...

HOW CAN I KEEP IN TOUCH WHILST AT HOME?

Write down some ways whereby you can connect with people and your community. (e.g. telephone, letters, newspapers)... this might feel difficult but think of the things that matter to you... *You can always add more as the weeks go on.*



IF I AM FEELING ALONE I CAN...

Make a list of ideas for what you can do when you feel lonely or isolated. If you are struggling to think of things there are some examples at the back of this booklet.





















KEEP MOVING MORE OFTEN

Keeping our bodies moving means that we stay active, strong and happy. The ways we stay physically active can vary hugely, think about the ways you can keep moving at home. Its a time for being creative, this will help you avoid long periods of sitting down and add some structure to long days.

ACTIVITIES THAT I ENJOY

This can include anything physically active, for example walking, stretching, yoga, tai chi, try to think of anything you enjoy which moves your body - and how you might be able to do things in your home or garden.

IF I AM FINDING IT HARD TO KEEP MOVING I CAN...

Include anything which gets me moving.. seated exercises, dance, walking on the spot, cleaning the house or gardening.



BE CREATIVE...STAY HAPPY

Keeping your mind active by doing activities like reading, creative writing, baking, doing a craft activity and playing games is a great use of your time. Make a list of the things you could try?

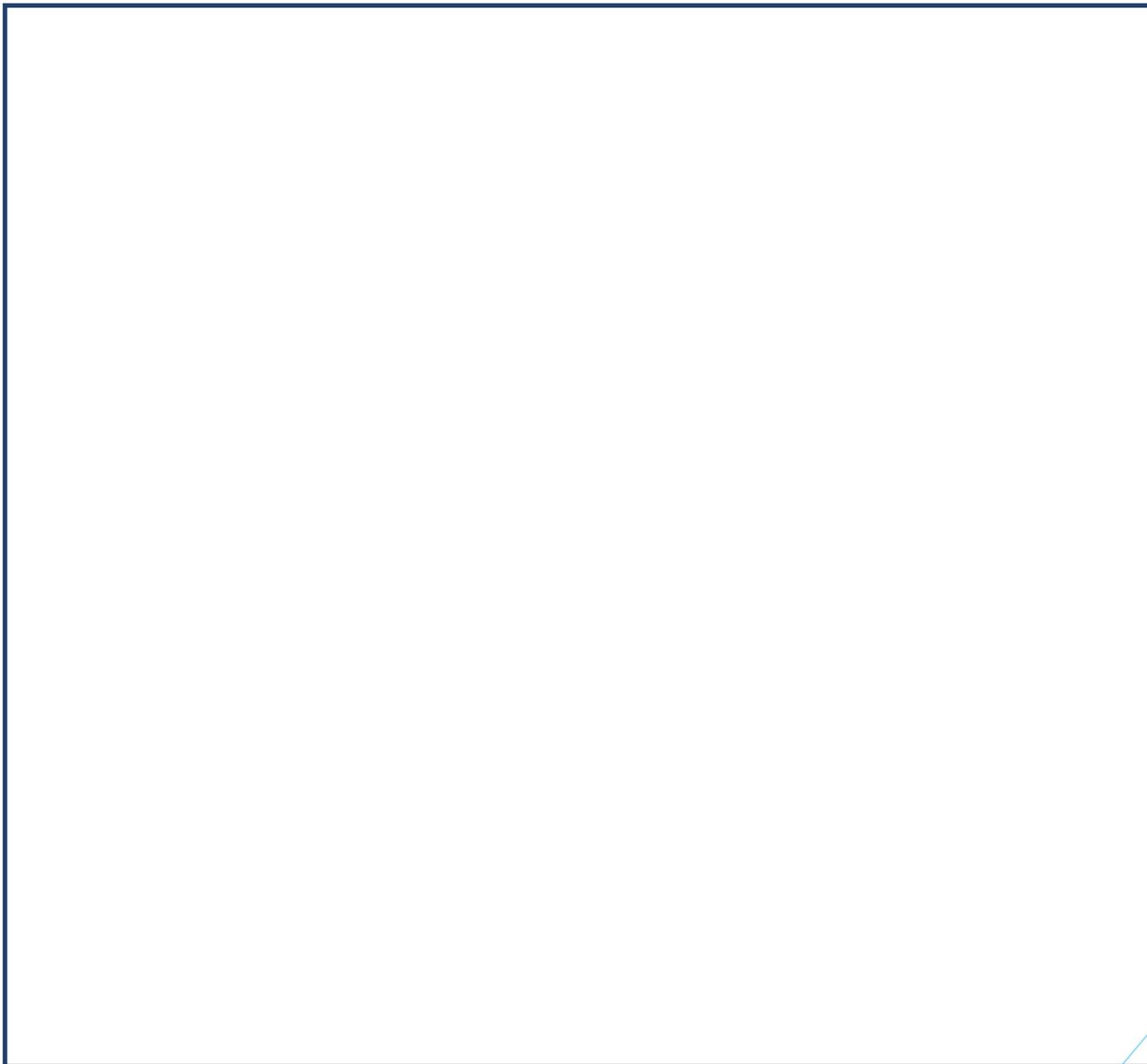
OTHER ACTIVITIES YOU ENJOY

This could include any hobbies or interests which you enjoy. You can even include things you enjoy but haven't done for some time.



THINK ABOUT THE THINGS YOU HAVE DONE IN THE PAST THAT MADE YOU FEEL HAPPY

This might include memories of sport, music or entertainment, completing a crafting project like a patchwork quilt or being a member of a choir.



THE STARTING LINE...

BELOW ARE SOME STATEMENTS ABOUT FEELINGS AND THOUGHTS

As you start this process, please circle the number that best describes your experience of each over the last 2 weeks.

1 – None of the time.

2 – Rarely

3 – Some of the time

4 – Often

5 – All of the time

I've been feeling optimistic about the future 1 2 3 4 5

I've been feeling useful 1 2 3 4 5

I've been feeling relaxed 1 2 3 4 5

I've been feeling interested in other people 1 2 3 4 5

I've had energy to spare 1 2 3 4 5

I've been dealing with problems well 1 2 3 4 5

I've been thinking clearly 1 2 3 4 5

I've been feeling good about myself 1 2 3 4 5

I've been feeling close to other people 1 2 3 4 5

I've been feeling confident 1 2 3 4 5

I've been able to make up my own mind about things 1 2 3 4 5

I've been feeling loved 1 2 3 4 5

I've been interested in new things 1 2 3 4 5

I've been feeling cheerful 1 2 3 4 5



WEEK TRACKER 'WEEK ONE'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER

'WEEK TWO'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER

'WEEK THREE'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER

'WEEK FOUR'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER 'WEEK FIVE'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER 'WEEK SIX'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER

'WEEK SEVEN'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



WEEK TRACKER

'WEEK EIGHT'

<p><u>How active was I this week?</u></p> <p>How many days?</p> <p>How much time per day?</p> <p>What activities did I do?</p>	
<p><u>How Many steps did I manage?</u></p> <p>What was the total number of steps per day and what did that add up to?</p>	
<p><u>How creative was I this week?</u></p> <p>How many days, how much time per day and what creative activities did I do?</p>	
<p><u>All Things considered over the week...</u></p> <p>How "happy" have I felt on a scale of 1-10?</p> <p>A score of 1 would be very unhappy and 10 very happy</p>	<hr/>



THE FINISHING LINE...

BELOW ARE SOME STATEMENTS ABOUT FEELINGS AND THOUGHTS

As you end the 8 weeks, please circle the number that best describes your experience of each statement.

1 – None of the time.

2 – Rarely

3 – Some of the time

4 – Often

5 – All of the time

I've been feeling optimistic about the future 1 2 3 4 5

I've been feeling useful 1 2 3 4 5

I've been feeling relaxed 1 2 3 4 5

I've been feeling interested in other people 1 2 3 4 5

I've had energy to spare 1 2 3 4 5

I've been dealing with problems well 1 2 3 4 5

I've been thinking clearly 1 2 3 4 5

I've been feeling good about myself 1 2 3 4 5

I've been feeling close to other people 1 2 3 4 5

I've been feeling confident 1 2 3 4 5

I've been able to make up my own mind about things 1 2 3 4 5

I've been feeling loved 1 2 3 4 5

I've been interested in new things 1 2 3 4 5

I've been feeling cheerful 1 2 3 4 5



And FINALLY...

Additional Activity Suggestions

Later Life Training – Make Movement Your Mission

Join us for a series of live "Movement Snacks". These aim to encourage everyone to move more/frequently throughout the day for muscles, mind and wellbeing.

<https://m.facebook.com/groups/138533120904126>

BROADREACH | Dance Classes for People Aged 50+

<https://www.youtube.com/playlist?list=PLtUJ6p5aaemzhofMWmiZsV1EWAytg5XMT>

Pila Pala Arts Wales | Dance Classes for all Ages

https://www.youtube.com/channel/UCrXHCGGgsHdX435_jWkhZtA

Goldies Cymru | Sing and Smile Sessions on Thursdays 2.30pm

<http://www.facebook.com/goldiescymru>

Contact: rachel@goldiescymru.org.uk / cheryl@goldiescymru.org.uk

Sofa stage Wales | Daily Live Broadcast 3-9pm

ARTISTS | CREATIVES | DOERS | MAKERS

<https://www.facebook.com/sofastage/posts/111701247131819>

Gareth Malone | Home Choir

www.decca.com/greatbritishhomechorus/

Natural History Museum | Virtual Tours

<https://naturalhistory.si.edu/visit/virtual-tour>

Met Opera | Digital Opera Shows

<https://www.metopera.org/>



What's Next...

We hope you found these resources useful and informative.

We hope with your feedback, to produce more resources, suggestions and examples for how you can keep moving and keep happy in the coming weeks.

When we are able to, we will be restarting and launching new health and wellbeing activities for older people across the communities of Bridgend County Borough. We very much look forward to sharing more information about these activities and welcoming you to these sessions soon!

Keep Moving, Keep Happy!

