



# THE 'MOVE MORE' TOOLKIT

## A PATIENT GUIDE

A resource providing education, support and guidance for how you can move more in secure care



# CONTENTS

**1: OVERVIEW**

**2: MOVEMENT AND MENTAL HEALTH**

**3: MAKING MOVEMENT WORK FOR YOU**

**4: ACTIVITIES**

**5: RESOURCES**

## THERE ARE 4 MAIN SECTIONS IN THE TOOLKIT

**1** INFORMATION ON THE  
BENEFITS OF MOVING  
MORE

**2** PRACTICAL ADVICE  
FOR HOW YOU CAN  
MOVE MORE

**3** IDEAS OF ACTIVITIES  
THAT CAN BE DONE  
WITH PATIENTS TO  
INCREASE MOVEMENT

**4** RESOURCES

## Aims of the toolkit

With this toolkit we aim to...

Increase **CAPABILITY**: ensuring patients have the appropriate physical skills, alongside the appropriate knowledge to be active.

Increase **MOTIVATION**: this relates to the decision making process involved in whether to choose to engage in a particular behaviour.

Increase **OPPORTUNITY**: this means looking at factors in the external environment such as time, location and resources which impact opportunities to be active.

*It has been suggested that to perform a particular behaviour, patients must have the psychological and physical capability to do so. They must have enough opportunities to do the behaviour and they must be motivated to that behaviour*



## SECTION 2:

# MOVEMENT AND MENTAL HEALTH

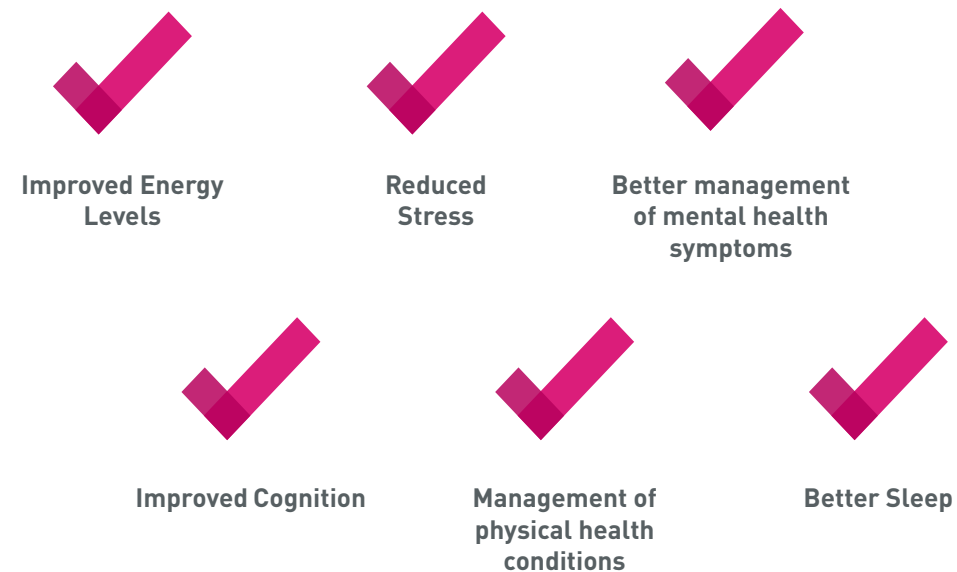
This section covers some basic information about the benefits of 'moving more' for your mental and physical health.

## What does being active mean?

Being active doesn't always mean doing structured sport and physical activity. There are many ways that patients can be more active.



## Benefits of moving more for patients



# Physical health benefits of moving more

- ✓ Better management of the symptoms of diabetes by helping to control blood sugar levels
- ✓ Better management of asthma by increasing lung capacity and health
- ✓ Helps maintain a healthy weight, if needed
- ✓ Improved muscle strength and flexibility



People with mental illness often experience some barriers to moving more. Below are some of common barriers faced by patients and some tips for how you can address these.

Common barriers	How you can help address these.
Motivation	Motivation levels for activities will fluctuate alongside fluctuations in mental health. If you don't feel motivated for a planned activity remember that doing some is better than none. Consider a 5-minute yoga sequence or circuit, or even just a lap of the courtyard.
Fatigue and tiredness	Tiredness and fatigue are common side effects of many medications and mental illnesses. You might notice that you are more or less fatigued at certain times of the day. Consider planning sessions when you feel less fatigued.
Poor physical health	Sometimes physical health problems can make it more difficult to exercise. All the activities presented here can be adapted to meet any needs you have.

## Mythbusters!

This section lists some of the common myths about physical activity for patients in secure care



*I need to be with a qualified exercise professional to exercise*



*Physical activity has to be high intensity to be beneficial*



*I am too unwell for physical activity*



*I need to have leave for physical activity*



*While some activities will require the support of an exercise professional, all of the activities in this toolkit can be supported by any member of staff.*



*The most beneficial type of physical activity is one that most enjoyable. Many of the benefits of increasing movement occur regardless of intensity.*



*Whilst poor mental and physical health can make it difficult to take part in some activities, there is often an alternative that you can do.*



*Whilst some physical activity can be done off the ward, there are many activities that you can do on the ward or in the courtyard, or even from a chair!*





## **SECTION 3:** **HOW TO SUPPORT ACTIVITIES**

This section gives practical tips and advice  
for how you can start to 'move more'



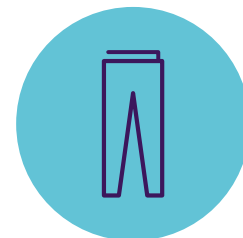
## Before an activity: How to talk about moving more

- ✓ Think about the activities that you would like to do more of. If required, ask if a member of staff would be able to support you.
- ✓ Think about what time you feel most able to do activities. Some people may feel tired at certain times of the day after medication so it is important to consider this.
- ✓ Sometimes you may not feel motivated or capable to do a planned activity. Consider adapting what you planned to do. Even 5-minutes of an activity, or getting some fresh air in the courtyard is beneficial.



## What to wear?

- ✓ Whilst different activities require different outfits, this provides a quick guide of the type of clothing that might be best to do physical activity in. The most important thing is that you are comfortable and feel you are able to move easily in the clothing that you are wearing.
- ✓ **Top:** a lightweight t-shirt or sweatshirt. If you go outside, consider wearing layers that you can take off if you get warm.
- ✓ **Bottom:** wear something flexible with an elastic waistband. This could be jogging bottoms, leggings or shorts.
- ✓ **Footwear:** a pair of trainers that are comfortable and supportive.



## After an activity

Think about what you have done well and what you achieved with the activity.

Record your activity somewhere (check the resources section for ideas).

Consider if you enjoyed the activity? How could it made more enjoyable in the future?

## SECTION 4:

# ACTIVITIES

This section gives a series of step by step guides for activities that you can lead, support or participate in with patients.

Many of these activities can be done on the ward or in the courtyard with minimal, or no equipment so there should be something for everyone.

# Ward games

These games are a great option if you may not want to formally participate in any 'physical activity' but might still be interested doing some more activities.

All these games can be played with minimal equipment and can be played either on the ward or courtyard.

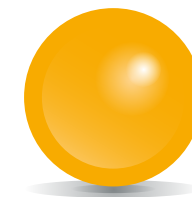


## Paper cup skittles

**What you will need:** 10 paper cups, foam ball.

**How many people:** 2-6.

**How to do it:** set up cups like the image. Each person has 2 attempts to see if they can knock down all the cups. You get a point for each skittle you knock down. You can play many rounds as you like, the winner is whoever has the most points at the end.



## Cup-pong!

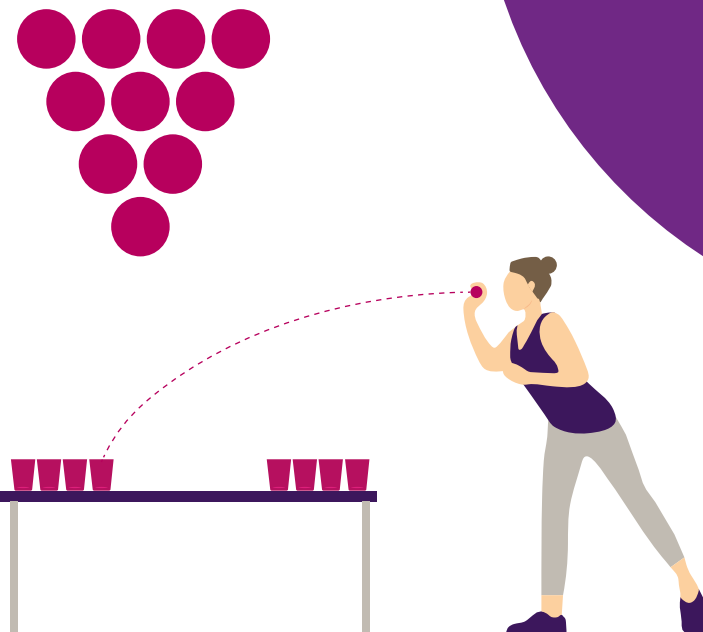
**What you need:** 10 cups and a ping pong ball, floor/table space.

**How many people:** 2, or 4 (to play as a team)

**How to play:** Arrange the cups in a triangle at the end of the floor/table.

Take turns to throw the ball into the other persons cup.

Keep playing until one person/team has no cups remaining. The team with no cups remaining loses, and the other wins.



## Gym workouts

This section gives a guide for some activities that you can do in the gym, using cardio equipment. All of these can be adapted based on fitness levels and preferences.



## How to safely use cardio equipment in the gym

Cardio equipment involves machines in the gym (typically treadmill, rower, stationary bike and cross-trainer which work your cardiovascular system).

Can help to strengthen your heart, lungs and muscles.

Helps you to build stamina, endurance and overall fitness

Dependent on the machine you use (not treadmill), using cardio equipment is low impact so can be beneficial for people who struggle with high impact physical activity.



## How to use it: cross trainer

**Cross-trainer:** Get a good grip on the handlebars and then step onto the machine. The pedals may start to move initially when you step onto the 'feet' of the machine. Start slowly, without any resistance or incline. After a few minutes, you may want to increase the resistance. Remember to keep a slight bend in your knees throughout.





## How to use it: Indoor cycle, also called a 'spin bike' or 'stationary bike'



**Before you start:** Adjust your seat height. Ideally, when the pedal is at its lowest point you want your leg to be almost, but not entirely straight.

For your handlebars, you want to be able to reach for them comfortably. Then if there are straps on the pedals, strap your feet in. This will make cycling more comfortable.

### **Time get moving!**

Try to use your whole foot when pedalling. Start at a pace that feels easy and comfortable. If you want to, you can adjust the resistance to make it more challenging.

## How to use it: The treadmill



**Before you start:** familiarise yourself with the buttons on the machine. Mainly the start, stop and speed buttons.

**Time to get moving:** step onto the treadmill and press the 'start' button. This will make the treadmill move very slowly. You can gradually increase the speed if you feel able to depending on your fitness levels and experience. When your finished, press the stop button to slow the treadmill belt down.

**Getting off:** don't jump off, once the treadmill belt has stopped you can use the rubber sides to help you get off.



# Cardio equipment workouts

These workouts can be done on any piece of cardio equipment in the gym (cross-trainer, treadmill, bike, rower).

## 1:1 workout

Walk for 1 minute  
Jog/brisk walk for 1 minute.  
Repeat 3-5 times

## Pyramid workout

Walk for 1 minute (rest 30 seconds)  
Walk for 2 minutes (rest 30 seconds)  
Walk for 3 minutes (rest 30 seconds)  
Walk for 2 minutes (rest 30 seconds)

## Interval Workout

15 seconds high intensity (45 seconds rest)  
30 seconds high intensity  
(30 seconds rest)  
\*High intensity means that you might be breathing heavily

### Top Tips:

*Put some music on*  
*Do the workout together (with another patient or member of staff) – this can make it much more enjoyable for both staff and patients*  
*All of these workouts can be adapted to be done outside if you have leave – maybe by walking, jogging or using the green-gym.*

# Individual activities on the wards

This section gives examples of activities that can be conducted individually, or in a small group on the ward.

These may be useful if you might be interested in some structured physical activity but may want to be flexible in the duration and type of physical activity they do.





### 1. Child's pose

Deepen the breath.  
Keep your hands far forward and elbows off the ground, stretching the upper body



### 2. Cat-Cow stretch

Inhale - drop the belly, cow pose.  
Exhale - round the spine, cat pose.  
Repeat 5-8 times



### 3. Threat the needle

Stay for 3-5 breaths on each side



### 4. Downward facing dog

Bend knees one by one, stretching out the back of the legs



### 5. Ragdoll

Hug elbows, knees can be bent, release neck and spine.  
Rock side to side



### 5. Seated spinal twist

Stay for 3-5 breaths on each side

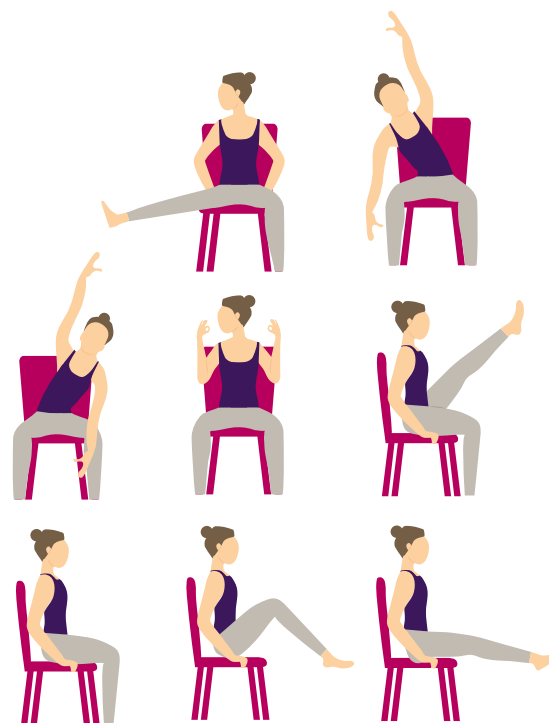
## 5-minute yoga sequence

This 5-minute yoga sequence is a great option for some low intensity activity that can be done anywhere.

It is good to focus on breathing throughout this sequence as this can help with relaxation and maintaining posture.

Want to do some more yoga?

Scan this QR code for a 20-minute beginner's video



## Chair based yoga physical activity

Here are some simple yoga exercises that you can do from your chair.

You can work your way through this sequence as many times as you like.

Focus on taking slow deep breaths and only do movements that are comfortable for you.



**1. Jumping Jacks**  
3 sets / 45 seconds



**2. Burpees**  
3 sets / 45 seconds



**3. Mountain climbers**  
3 sets / 45 seconds



**4. Bodyweight squat**  
3 sets / 45 seconds



**5. Sit ups**  
3 sets / 45 seconds



**5. Plank**  
3 sets / 45 seconds

## 5-minute circuit

This is a great option if you want activity at a higher intensity.

The picture gives an indication of some of the activities that you can include. However, you can give the patient the option to choose others that they might like.

The lengths of the intervals and rest periods will vary dependent on fitness levels so you can choose what might be most suitable for you and your fitness level.

Check out this QR code for some more low impact circuit ideas.



## 10-minute chair-based workout

Check out this link for a video by Joe Wicks on chair-based circuits.



# Games to play in the courtyard

This section gives examples of activities that can be played in small grounds in the courtyard or outdoor space



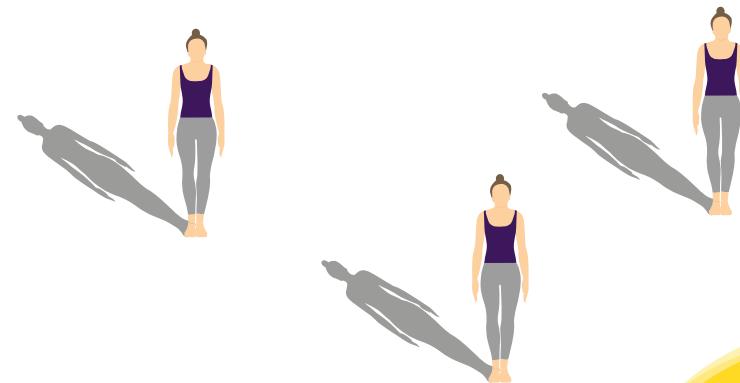
## Shadow tag!

This is a great option for a sunny day and doesn't require any equipment

**What you will need:** yourself!

**How many people can play:** 3+

**How to play:** the aim of the game is to tag each others shadows. Once a persons shadow is tagged, they are out. The winner is the last person left.



## H-O-R-S-E

H-O-R-S-E is a game that you can play in the courtyard/sports hall if you have basketball hoop and a ball.

**What you will need:** yourself!

**How many people can play:** 2+

**How to play:** The first player takes a shot at the basket, followed by the second player.

If a player fails a shot, they get the letter H. Each time someone fails a shot, they get another letter, eventually spelling out the word HORSE.

Whoever spells out HORSE first loses.



## Got chalk? These are some great options for games in the courtyard with some chalk!

### Chalk Bullseye

Use various colours of chalk to draw concentric circles on a wall or floor.

Within each circle write points values (e.g. 10, 20,30)

Throw an item onto the bullseye – the first person to get 100 points wins!



Scan this QR code for more games that can be played with chalk.





# Activities for the grounds

This section gives examples of activities that can be done in the grounds



## Nature walks

When walking in the grounds, see how many things you can spot.



	Record how many you spot here		Record how many you spot here
Dandelions		Butterflies	
Ladybirds		Robin	
Oak Tree		Bee	
Daisy		Pine Cone	

## Green gym

You should ask the patient how they would like to engage with the green gym – they may have ideas of what they might like to do. Below, here are some ideas to get you started.

Getting started with the green gym:

Start with 3-5 minutes easy exercise on a cardio machine.

Choose a weights machine and do 3x10 repetitions (you can do more or less depending on preferences).

Do a 3-5 minute warm down on a cardio machine (or walk back to the ward).

Being active in green space has been shown to reduce stress and improve mental wellbeing.

Scan this QR code for guidance on how to use green-gym equipment





## SECTION 5:

# RESOURCES

This section provides several resources that may be helpful to support patients in physical activity. These can be photocopied or printed directly from our online resources.



CERTIFICATES



PHYSICAL  
ACTIVITY  
PLANNER



PHYSICAL  
ACTIVITY  
MOOD  
RECORDER



GOAL  
SETTING



STAR CHART

# My move chart






My goal this week is to:

Day	What I did	How long I did it for	How did I feel?	Mood before	Mood after	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# My star chart

I earn stars for:

					REWARD! 
					REWARD! 
					REWARD! 

When I earn 5 stars I earn:

# Notes

