

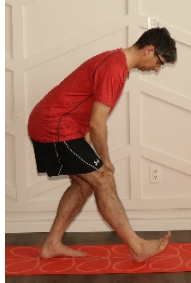


	<p>Exercising at home is a great way to keep active.</p> <p>Here are some tips to make sure you are exercising safely at home:</p>
	<p>Please let the instructor know at the beginning of the session if you have any injuries</p>
	<p>Clear a space in your room to exercise</p> <p>Think about furniture that may be in the way and look at any slip or trip hazards, such as rugs, pets and toys.</p> <p>Check above your head for lights, pictures, ceilings</p>
	<p>Temperature and Light</p> <p>Check the light in your room - if the sun is too bright it may be difficult to see the screen</p> <p>Try not to exercise if the room is too warm or too cold</p>
	<p>Wear comfortable clothes and shoes</p> <p>Don't wear anything too tight which may make the exercises difficult</p>



Have a drink

Drink water before, during and after a session.



Go at your own speed and try and listen to your body

Remember that some exercise is always better than no exercise!



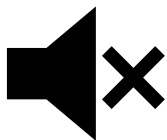
Warm up and cool down afterwards

A warm up is light exercise at the start of the session and a cool at the end of a session helps your heart rate come down to its normal range with some stretches to stop sore muscles the next day. Please arrive on time so you can join in the warm up.



Ask the instructor if you have a question about the exercise. It can be a good idea to practice in front of the mirror so you can see what you are doing.

If you feel any unusual pain during exercise please talk to the instructor or stop.



Please keep your video switched on (so that we can see you) and your mute button on (so we don't hear you) during the class.

You can unmute during the warm up, during the breaks, at the end and if you have any important questions during the session.



For some of our exercises we use weights. We recommend having two cans available (such as baked beans, tinned tomatoes, etc) and our instructors show us how to use them as weights.

Resistance bands: Members of Winchester Go LD will be sent a resistance band, these can make some of the exercises interesting. The instructors will give options for people with and without the resistance band.

Please understand that when joining any of Winchester Go D virtual circuits or exercise sessions, you agree that you do so at your own risk.

Please ensure that you exercise safely and within your own abilities.