



Staying active during and after lockdown webinar

Online resources

Below is a list of online resources mentioned during the 'Staying active during and after lockdown' webinar hosted by the Institute for Musculoskeletal Health (IMH) on 12 October 2021. We have also included some additional resources that you may find useful.

Resources overviewed in the webinar

Links to find a health professional to help you with exercise

Exercise and Sports Science Australia (ESSA): <https://www.essa.org.au/find-aep>

Australian Physiotherapy Association (APA): <https://choose.physio/find-a-physio>

Get Healthy (NSW): <https://www.gethealthynsw.com.au/>

Links to online/in-person exercises/exercise programs

Safe Exercise at Home: <https://www.safeexerciseathome.org.au/>

Active and Healthy (NSW): <https://www.activeandhealthy.nsw.gov.au/>

Stay on Your Feet: <https://www.stayonyourfeet.com.au/over60/>

Disability Sports Australia: <https://www.sports.org.au/sports>

Research opportunities

ComeBACK trial: <https://www.comebacktrial.org.au/>

Additional resources

Links to online exercises/exercise programs

COTA NSW - Stay Strong to Keep Moving: <https://www.cotansw.com.au/programs/living-longer-living-stronger/stay-strong-to-keep-moving-campaign/>

QLD Health – 30 ways to get 30 minutes of physical activity into your day:
<https://www.health.qld.gov.au/news-events/news/30-ways-to-get-active-exercise-fun>

VIC Health (collection of online exercises): <https://thisgirlcan.com.au/active-at-home/>



QLD Health (collection of online exercises):

<https://www.healthier.qld.gov.au/fitness/exercises/>

QLD Health (collection of online workouts):

<https://www.healthier.qld.gov.au/fitness/workouts/>

Links to in-person exercises/exercise programs

SHARE (NSW in-person but have online classes): <https://share.org.au/>

YMCA (NSW): <https://www.ymcansw.org.au/fitness/>

YMCA (VIC): <https://victoria.ymca.org.au/programs-and-services/recreation>

COTA VIC: <https://www.cotavic.org.au/our-programs/strength-training/>

Victoria Walks (walks you can do in VIC): <https://www.victoriawalks.org.au/walksnearme/>

Bushwalking NSW (bushwalks in NSW): <https://www.bushwalkingnsw.org.au/nsw-walks-3/>

Heart Foundation walking groups: <https://walking.heartfoundation.org.au/walking>

Parkrun (you can run or walk the course): <https://www.parkrun.com.au/>

Bowls Australia: <https://www.bowls.com.au/>

Stay in touch

Learn more about our work on the IMH Website: <https://imh.org.au/>

You can follow us on Facebook: <https://www.facebook.com/IMHSydney1>

You can follow us on [Twitter](#): @msk_health

The Institute for Musculoskeletal Health recently launched its **Consumer Advisory Registry**.
The registry is for people who:

- experience bone, joint or muscle pain
- have an interest in healthy ageing, disability and physical activity
- want to be involved in shaping research in the above areas

For more information contact Charlotte McLennan on (02) 9515 9994 or email imh.info@sydney.edu.au.



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Being physically active can keep people of all ages and abilities healthy and connected.

Lockdown has made it difficult for many people to stay active.

We need to work together to support older people and those with disabilities to be active.

This statement has been endorsed by

