

Transcript:

Episode Three: Exercise during Lockdown

Mia: Hi everyone, I'm Mia I'm the Sports Officer, and will be taking over Oge around June/July time as your new President

Emma: Hi I'm Emma, the Activities Coordinator who supports student groups with achieving their best in the Students' Union. So today we are going to be talking about staying active and upbeat now that we all work from home. So whether you are at your parents' house, your own flat, in student's accommodation, Mia and I will be talking about a few different ways you can still get involved with the things you enjoy (whatever they may be) whilst we are all at home.

Mia: How's being at home been for you Emma?

Emma: It's been okay, I've got my desk here in the living room, which has been interesting! Working from home has been a change but I am looking forward to returning whenever we do return. How about you, how has it been?

Mia: Yeah, I'm kind of sick of it already! I never thought I'd say that I really want to go back into work, which is weird. I decided to stay around Leicester, not like "home-home" which is London – and it's just not it really. I feel like the novelty has worn off a bit. And for me, I feel like SU life, one hour I'll be sat at the computer, next I'll be in another university building for a meeting, and so on, so it's usually quite fast paced but this is the complete opposite and yeesh I am bouncing off the walls a little bit! I've been trying a few things too which hopefully I can give you guys some tips on!

Emma: Yes, so how have you been trying to stay active? I know for me, I climb a lot normally, and I miss that a lot, obviously I can't do that in my flat. I've been trying to do some of the Les Mills workouts that you posted a few weeks ago Mia on your Facebook, mainly not to lose that little strength that I have! Otherwise it's been just trying to fit in bits and pieces when I can really, I don't know, it's been quite difficult, in a flat with not a lot of space. And in a city centre, going out isn't always the best option because it can get quite crowded. How about you?

Mia: Similar, yeah. I'm quite proud of myself, because at the beginning I was in the mindset of "Must work out!", keen to keep the muscle mass I had, but now the advice I am giving is you can't be expected to keep a routine, because none of us have been through a pandemic, like what? So, you can try different things each week. So last week I was running (and I don't run) and this week I haven't, which is interesting, but I shouldn't be making a judgement on that. What I have been doing is things that don't really feel like exercise. So like dumbbells – can't find them anywhere! So I've been using 2 litre water bottles to do some like arm pumping. So as one of my new quarantine debts – I got a Nintendo switch.



Emma: Ah Mia what a fantastic choice!

Mia: I know honestly, so I've been doing stuff with that. So I've been in this situation where I do exercise indirectly.

Emma: One thing I was going to say with the Nintendo Switch, the platform that the whole of Union Activities is obsessed with at the moment, is that we have a ring fit – and that's really good! So I recommend that, I know it's a bit on the pricier side, but if you have one, definitely take advantage of it and gamify exercise. I think one of the important things is rewarding yourself as well, I think one of the difficult parts is motivating yourself to go and do exercise so be kind to yourself afterwards and congratulate the effort.

Mia: We don't know when this is going to end which is causing some of the anxieties around it, but it also means that you have the time to do as much or as little. I think one of the problems I have as well is I don't have a garden, and everyone seems to be doing outside exercises, and it's stressful just going out for a walk at the moment. We'd like to say by now people are aware of what to do if you're a potential carrier but I feel like the general lockdown feel has everyone in survival mode. So when I go out I feel a bit on edge, so I'm going to have to keep finding variety in my at home stuff and keep cracking open that window!

Emma: Yeah I've got the windows open now, and it makes it a nicer temperature to work in. I guess what would be our advice to those who don't have access to sport during this time? I guess we've kinda covered it with us both being in flats, I don't have a garden, neither do you Mia. So maybe listen to yourself and what you want to do, and be accepting that what you wanted to do before may have changed. If you have a particular interest maybe search some national governing bodies in that interest and see if they are offering any home workout – I know the Zombies Run app has changed to doing home workouts that they are publishing every week instead. So have a look at that kind of thing, there are a lot of resources on the internet!

Mia: Everyone, even if you don't have a gym membership, will have access to the Les Mills website which is free and they do lots of exercise videos. As Emma said, online lots of national governing bodies are doing things like BUCs, England Football, England Netball, etc. And another important thing is that with eating, make sure you're not exercising to offset that, exercise should be for your mental wellbeing. I understand there may be quite a few students who have a form of eating disorder, and it's exasperated during this kind of time, so making sure you're exercising for the right reasons as well.

Emma: For sure! And also remember if you feel like you need to talk to anyone about anything remember that our students' union advice service have a bunch of different links to different services across Leicester and Nationally. Another thing we were going to cover in these podcasts is what are departments are



currently doing, so I work within the Activities and Volunteering department and Mia works within Sports, and heavily with my department too. Mia what are you currently up to?

Mia: So with my Sports officer hat and general officer hat – with Sports, I'm working alongside the University with gym memberships and Sports Awards. At first Sports Awards were going to be cancelled but instead with student feedback we've been told students still want it so we've pushed it back to October. Gym memberships we're coming to a conclusion that the University and students will be happy with in terms of reimbursement. What about you guys in activities?

Emma: We've been up to quite a bit, so this has been literally our busiest point of the year when all this has happened, so we've delivered our first round of elections for student groups over the last couple of weeks, which took up a lot of my time not going to lie! But it was really great to see lots of students putting themselves forward to lead their groups next year, we cannot wait to work with them.

Mia: Some of the groups have been doing Tik Tok challenges, have you done anything?

Emma: I have not I'm afraid, I've been a bit out of the loop with Tik Tok stuff! Vine was my era!

Mia: Oh my god yes!

Emma: Unless the challenge is staying inside? I'm winning at that!

Mia: I tried to do the stay at home challenge with kicking loo roll – which was not my strength.

Emma: My family have started running quizzes, demonstrates to me that I'm not very good at them!

Mia: Well, whether you are doing loads of sport, or minimal sport, doing a stay at home challenge just by staying inside – I guess the main thing from us is just obviously stay safe. That's mentally as well, so just do whatever you need to, don't judge others from doing things differently to you. I know there's a lot of anxiety going around that can cause people to be stressy, but respect others opinions.

Emma: Yeah, so thank you for listening (or reading), and look after yourselves – bye!

