

„Move at home!“

**Physical exercises in quarantine:
for everyone being at home,
led by physiotherapists**

(New series of the Hungarian Public Service Media)

Summary

The COVID pandemic causes extra burdens for all of us, so we all have to think how we could help people to stay at home and to protect their health.

Sedentary lifestyle is one of the main causes for non-communicable diseases, so being at home for several days and weeks means not only protection from COVID-19 but also an increased risk for non-communicable diseases, e.g. for degenerative diseases of the spine and joints.

The Hungarian Public Service Media started to broadcast a new series of teaching/learning programme to help teachers and schoolchildren in their digital teaching/learning on the 16th March 2020. On the 17th March 2020 the director for prevention of the National Center for Spinal Diseases (NCDS) has launched a cooperation with the Hungarian Public Service Media to create and insert a new and special series of physical exercises into the teaching and learning programme – so that children and their parents can participate in exercises without straining their spine and joints.

It is important to see that not only sedentary lifestyle but also obesity and spinal complaints have a frequent occurrence in the Hungarian population, while poor posture of the children and the young is also widespread. All these people need to pay special attention for spine and joint protection in their everyday life and sports, too. This is why we asked physiotherapists to create and to lead (show and say) the exercises for this special series. Physiotherapists are the professionals of moving and doing physical activity with appropriate spine and joint protection.

We wanted to give motivation and help for all age groups being at home in this special time of quarantine: the older, the middle and the younger generations all may participate in the series with benefit – and while doing good for the locomotor system, they may experience a good cheer up also. We think that children will take part in the exercises together with their parents – this will do good for their moods, too.

The series „Move at home!“ consists of 10 minutes long episodes. Initially 80 episodes are planned and the production of this amount has been started.

In every episode one physiotherapist is to be seen, but more physiotherapists are involved in the production, so that they themselves represent more age-groups – this may be motivating for people watching TV.

The episodes of the „Move at Home” are broadcasted several times on the channels of the public service media. On Duna Television (main national channel) weekdays [at 7:45](#), rebroadcasting [at 17:45](#). The audience can also see it [Saturdays at 08:00](#), Sundays at [6:45](#), and Sundays we are rebroadcasting mainly double episodes [at 17:35](#).

At the news channel M1, the episodes are broadcasted after the main news [at 6:00](#), [10:00](#), and [15:00](#) ([6:45](#), [10:15](#), [15:15](#)).

On Duna World (channel of Hungarians in the World) the episodes of “Move at Home” could be seen before the main movie [at 11:00](#) and [15:45](#).

The M5 cultural and educational channel is broadcasting every weekday [at 14:45](#).

Episodes of the “Move at Home” could be seen any time on the television and on the website <https://mediaklikk.hu/musor/mozogi-otthon>

The information about the program was provided by Media Service Support and Asset Management Fund (MTVA), service provider and asset manager of Duna Media Service Nonprofit Public Limited Company. MTVA is contributing to the production of the program entitled “Move at Home”.

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PS:

Some more informations of the Hungarian spinal prevention work:

The Hungarian Spine Society (HSS) and NCDS has launched a primary prevention programme in 1995 to prevent degenerative diseases of the spine: we asked physiotherapists to create an exercise-material for teachers of physical education (PE), then we gave education for PE teachers to learn those special and new methods which are important for the effective prevention, and we asked them to use this exercise material in all PE classes with all school children. (We also have started our struggle for daily physical education /DPE/ in 1995, which has come to reality since 2010, being prescribed by law for all schools and all school children.)

The special posture correcting exercises material is to be seen in more videos at our website:

<https://gerinces.hu/prevenzio/tartaskorrekcio-konyv-es-dvd-csak-gerincesen/>

<https://gerinces.hu/?s=oszt%C3%A1lytermi+tart%C3%A1skorrekci%C3%B3>