



Being active is important for your **health and wellbeing**

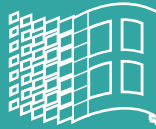
What ways can I stay well whilst I am at home?



Exercise



Talk to
someone



Manage
work time



Eat well



Create a
routine

Where can I find free
exercises online?

Age UK home exercises

[Click here](#)

NHS home exercises

[Click here](#)

Sport England

[Click here](#)

This Girl Can

[Click here](#)

NHS 10 minute workout

[Click here](#)

Family Disney workout

[Click here](#)

BHF exercises

[Click here](#)

Activities for children

[Click here](#)

How will being active
benefit me?

Being active
will improve my
overall wellbeing



Less
fatigue

Improve
fitness

Stronger
muscles

Improve
mood

Family
fitness

Weight
loss

Being active can improve
your physical health, help
manage stress and anxiety
and just generally make you
feel better.

Some things to consider when keeping active at home

The benefits outweigh the risks

Start slow and progress gradually

Make it enjoyable and safe

Build up your confidence

Wear appropriate clothing

Encourage your family to take part

Keep hydrated

Take regular breaks

Get some fresh air

Keep yourself well

Your wellbeing matters!

During this difficult time a huge emphasis is on how we are required to look after our physical health and managing symptoms.

It is important to keep yourself well by encouraging focus on your mental health. This can be done in a variety of ways, with a little help from Mind. [Click here](#) for more information on how you can manage your wellbeing.

Working from home

Stay connected with colleagues

Take breaks from the computer

Find a routine that works for you

Eat a balanced diet

Find a dedicated workspace

National guidelines and advice for those that are self isolating

How to do social distancing?

- Work from home whenever possible
- Avoid all unnecessary travel
- Stay away from crowded places
- Avoid gatherings with friends and families wherever possible

What am I allowed to do when social distancing?

- You can see family and friends if it's essential
- You can walk your dog
- You can provide essential care for elderly relatives and neighbours if you have no symptoms
- You can go to the shops to buy food and groceries
- You can exercise at a safe distance from others

Who should self-isolate?

Everyone who shows coronavirus symptoms - a fever of above 37.8C, a persistent cough or breathing problem - and everyone who lives in the same house or flat as someone with symptoms.

Who shouldn't go out at all?

People with very serious health conditions will be contacted by the NHS and urged not go out at all for at least 12 weeks. This is being referred to as shielding.

Others in the same household, and carers, can go out as long they observe proper social distancing.

The most vulnerable group includes:

- Organ transplant patients
- People with certain genetic diseases
- People with serious respiratory conditions like cystic fibrosis and severe chronic bronchitis
- People receiving certain drug treatments which suppress the immune system
- Pregnant women with heart disease

For up to date information please visit: <https://www.gov.uk/coronavirus>