

# My health and wellbeing



## Take 5 – Staying Active while Social Distancing or Working at Home

Being active in a way that is right for you, can improve your physical health, help manage stress and anxiety and just generally make you feel better

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| 1. | Walkie Talkie        | Instead of sitting for phone calls, stand up and walk around as you take them.   |
| 2. | Get out of the chair | Don't sit in the same position for too long. Make sure you change your posture as often as is practicable. Frequent short breaks are better for your back than fewer long ones. It gives the muscles a chance to relax while others take the strain. Constantly changing position uses all your muscles and all the systems in your body.<br><b>Look at the <a href="#">Take 5 for Desk Exercises</a>.</b> |
| 3. | Indoor Activities    | Put some music on and walk briskly around the house or up and down the stairs for 10- 15 minutes, 2-3 times per day. Have a look on line to see what you can do, <a href="#">Sport England</a> have some useful guidance.<br>Dance to your favourite music, do an exercise video, there are lots of on-line classes to join or use home cardio machines if you have them.                                  |
| 4. | Getting Outside      | Whilst always following government guidelines around social distancing there are lots of things you can still do. Walk or jog around your local area (avoid crowded spaces). Be active in a local park. Spending time in nature will be great for your overall wellbeing. Go for a bicycle ride or walk the dog. Now Spring is here get out into the garden. Be sure to wash your hands when you get home. |
| 5. | Active 10            | Download the <a href="#">Active 10</a> app from one you. See how you can add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.   |