



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

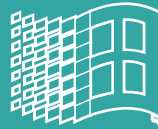
What ways can I stay well whilst I am at home?



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