Supporting you during the COVID-19 outbreak

Tips for keeping physically fit

Due to social distancing and efforts to contain the spread of the virus, many of our usual activities have been cancelled such as sports clubs, gym classes etc. Exercise is important for both our physical and mental health, so here are some ideas for how to keep fit at home:

Go for a walk or run…

If not self-isolating why not go for a run or a walk, either on your own or with a member of your household? If you are a beginner, try the NHS 'Couch to 5K' app or podcast.

Please follow latest government and PHE guidance when completing any outdoor activities such as running or walking.

Home yoga…

Yoga is a way to build strength, awareness and harmony in both the mind and body. Try watching a YouTube video or find instructions by googling 'Simple Yoga' or 'Beginners Yoga'. Some yoga classes have even been live streaming online.

Try at home workouts…

Workouts to challenge your core can be an easy and fun way to train at home without the need for specialist equipment. Press ups, planks, leg raises, sit-ups and crunches can all raise your heart rate and help keep you healthy at home.

High Intensity Interval Training (HIIT)…

This type of training involves quick bursts of energy followed by rest periods. These short workouts usually last less than 30 minutes and burn serious energy. There are various options you can work through and many involve 45 seconds of exercise followed by a 15 second rest repeated for multiple exercises.

Remember…

The Department of Health recommends 30 minutes of exercise per day. Try to do a mixture of strength activities such as resistance training alongside cardio activities, such as running, walking etc.

Our Occupational Health and Wellbeing team aims to improve the health and general wellbeing of all staff, and offer advice on how to eat well along with the benefits of exercise.

For full details go to
www.ohwellbeing.com