

## Tips to look after your physical wellbeing at home

We're all now spending a lot more time at home and that means many of us are thinking about how we can get, or stay, active. Official advice is stay at home, and to only go outside for one form of exercise a day. This inevitably means all our routines are changing. But staying active is more important than ever right now, and even if you're mostly in your house, there are plenty of ways you can still do so....

### Join an online class

If you are a member of a gym, check their social media pages to see if the instructors are running any online classes! Many gyms are continuing to offer classes from home, and these do not require any specialist equipment. If you aren't a member of a gym there are still many online videos on YouTube or other social platforms that are great for beginner's right through to experienced fitness fanatics.

### Exercise outside once a day, alone or with members of your household

Current guidance still allows for one form of exercise per day outside of the house, provided this takes place alone or with other members of your household. It is still recommended to stay close to your house, and ensure you are not visiting any areas where there are likely to be other people.

### Find exercise painful?

Many people live with chronic pain, or health conditions exacerbated by exercise. For many people, this puts them off exercising full stop. It is important to try to find suitable alternate exercises that do not place too much stress on areas of injury, or cause any issue with a pre-existing health condition. Yoga, stretching, cycling and bodyweight exercises are often less stressful on our joints than jogging and high intensity interval training (HIIT), so modifying exercise routines is important.

### Avoid falling into unhealthy eating patterns

For many the current need to social-distance means working from home has become essential. With this, many people no longer adhere to the traditional 'lunch break' routine you may be used to at work. Many of us are now sat either in, or very close to our kitchen with access to food all day. You may find yourself snacking more often than usual. If you find this to be the case, then you may want to set yourself specific times of the day you are to eat between. It may be helpful to allocate yourself a breakfast, lunch and dinner time, and try to avoid unhealthy snacking between these times.

### Check the Care first Lifestyle website for information on Physical wellbeing

Your Care first Lifestyle site has content dedicated to physical health and wellbeing, including articles and information on warm-ups, stretches you can do whilst working, ways of keeping fit for free and many more. You can also access Care first's Wellbeing Assessment tool, which looks at 10 aspects of health and wellbeing – allowing you to take more control of your own wellbeing.

### Join Care first's daily themed webinars

Each day over the next two weeks Care first are running a themed webinar to provide information and support through this unprecedented period. On Tuesday, 25<sup>th</sup> March the webinar theme will be physical health with a focus on the content available on our Care first Lifestyle site.