

Looking After You Own Wellbeing

Wellbeing: Looking after our physical health

Whilst at home in isolation or social distancing, it's still very important to look after your physical wellbeing. Here are some ideas to help with that:



- On-line fitness classes and routines are becoming available. An example below gives 50 free sites to choose from:
 - <https://makeyourbodywork.com/how-to-exercise-at-home/>
- It's an idea to get the 'celeb' workout DVDs dusted off to do and have fun with the family
- Cleaning your house to music
- Going up and down the stairs
- Using the tins of beans in the cupboard to act as weights
- If it is safe to do so, taking a walk in the country
- Dancing to music (making sure you're not upsetting the neighbours)