



# Keeping Well: Exercise

Another few weeks in lockdown may seem daunting, but keeping active through exercise, whether indoors or outdoors, is a great way to shrug off some of the issues associated with being cooped up for a long period of time. Being active helps lower stress hormones such as cortisol and promotes the release of feel-good hormones such as endorphins. Adults should aim to do some form of physical activity every day.

Keeping active can help boost your energy, protect your heart and mind, and help manage symptoms of illness or pain. It can also lead to increased focus and productivity.

There are lots of different exercises you can do while staying within social distancing guidelines. Try some from each category and find what works for you. We've provided a few links to more information or suggested exercise plans:

## **Moderate activities:**

[Brisk walking](#)  
[Riding a bike](#)  
[Dancing](#)

## **Vigorous activities:**

[Jogging or running](#)  
Skipping  
Stepping (you can use stairs in or around your home)  
[Circuit training](#)

## **Muscle strengthening activities:**

[Yoga](#)  
[Pilates](#)  
Weight lifting  
Using resistance bands  
[Body weight exercises](#) such as push-ups and sit-ups

If you have been inactive for a while, start slow. You can gradually build up your fitness levels by starting with exercises you're comfortable doing. You'll still be improving your health in the process, and you'll reduce your risk of falls and other illnesses. If you're exercising indoors, make sure the space around you is free of hazards to avoid injury.

**Stay strong, stay positive, stay healthy**