Keeping Well:
Staying healthy

It's more important than ever to stay healthy, but we know this can be difficult in the confines of your own home. Here are some tips for staying healthy at this time:

Keeping active
There are lots of ways to stay active, either indoors or in your outdoor space if you have one:
- Establish a routine whereby you do some exercise at the same time, every day.
- Take part in an online exercise class such as The Body Coach.
- Set yourself a challenge of doing a certain number of steps, jumps, skips, or even headstands every day.
- Remember, gentle exercises including yoga, dancing, gardening and cleaning count, too.

Fresh air and sunlight
Make the most of any outdoor spaces you have such as gardens or balconies, and indoor spaces that attract light, fresh air and sunlight.

Healthy eating
Although some foods are less widely available at the moment, it's still possible to maintain a balanced diet. Tips on healthy eating can be found on the NHS website. If you enjoy or are new to cooking, it's a good time to spend some time on this and get creative.

Clean hands
Wash your hands with soap and water often, and for at least 20 seconds. You can use hand sanitiser gel if soap and water are not available. If you leave the house, wash your hands as soon as you get back home. If you need to cough or sneeze, cover your nose and mouth with a tissue or your sleeve (not your hand), put the tissue in the bin, and wash your hands afterwards.

Relaxation
Make time to relax; read a book, watch a movie or series, or try some yoga and/or meditation. Switch off the news and any alerts for periods of the day, particularly in the evenings.

If you have symptoms of Covid-19
Government advice is to stay at home to avoid spreading infection. If you suspect you may have coronavirus symptoms, you can use the online 111 Covid-19 service.