

## Staying Physically Active

Regular exercise is important not just for our physical health, but is crucial for our mental well-being. Staying active will help us to remain calm during these difficult times.

The World Health Organisation recommends doing 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity each week.

It is possible to meet this recommendation with no special equipment and with limited room. How are you staying active during lockdown? The infographic below has suggestions for ways to stay active during lockdown:

**Staying Physically Active**

**Stand up more** - Reduce time spent sitting by standing up whenever possible. Consider making a standing desk by using a high table or stacking a pile of books. 

**Walk** - If you have a call, stand or walk around your home while you speak, instead of sitting down. 

**Take short active breaks** - Short bursts of physical activity add up to the weekly recommendations. Dancing, playing with children, and performing home chores such as cleaning and gardening to stay active. 

**Online exercise class** - YouTube has many workouts you can follow. Find one that matches your level of fitness. 

**Circuit Training** – Do a series of exercises like skipping, press-ups, planks, sit-ups, lunges, squats and burpees. Do each for one minute and repeat as you get fitter and stronger. 

 **OPPORTUNITY**  
EduFinance