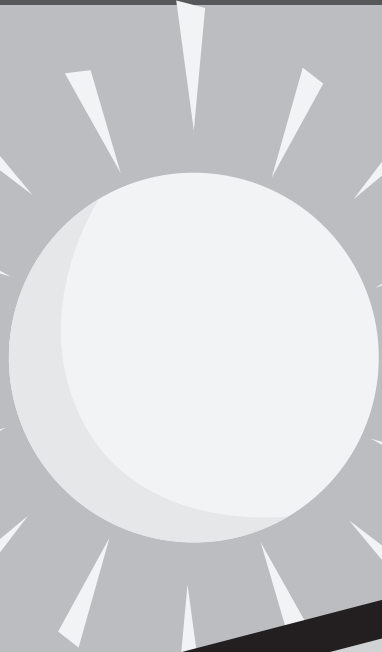


Being active during COVID-19 for vulnerable and at risk groups



Improve
your mood

Boost your
immune system

Reduce symptoms of
anxiety and depression

Maintain physical
function

Increase
energy levels

Activity ideas



Use a tin of beans as a weight to strengthen your arms (e.g. bicep curls)

Stand up and sit down onto your chair

Use your stairs to keep active

Balance on one leg

Have a dance

Use online resources



Reduce sitting time

Break up time spent sitting still

Set a timer to move around for 2 minutes every 30 minutes

If possible move around when you are on the phone to your friends and family

Some activity is good,
more is better

Listen to your body
and move in a way that
feels good for you

Set yourself a goal
and encourage a friend