# Being physically active during COVID-19

Increase productivity

Reduce symptoms of anxiety and depression

Improve your mood

Sleep well

Increase energy levels

## Working from home

Break up time spent sitting still

Set 30 minute timers and move around for 2 minutes

If possible stand up for calls and meetings

Online meeting
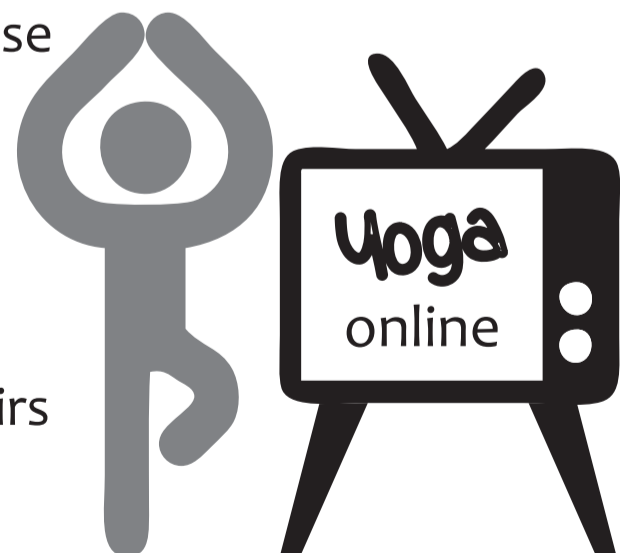
## Activity ideas

Walk laps inside your house
Have a dance
Attend an online class
Body weight exercises
(e.g. lunges and squats)
Go up and down your stairs

yoga online

Some activity is good, more is better

Connect with friends via text and social media to stay active

Make use of online activity resources