



Stay at least 2 metres away from other people

Visit www.pha.site/coronavirus for latest information and advice on coronavirus

STAY ACTIVE @ HOME FOR VULNERABLE GROUPS



BENEFITS OF BEING ACTIVE:



Happy making, make us feel better



Builds strength in muscles & bones to help maintain independence



Helps boost the immune system



Reduce symptoms of anxiety, depression and stress



Reduce falls



Improves sleep

Every Movement Counts!

No need for special equipment. We can be active anywhere, including in the home.



Go for a walk in the park or in the garden



Use the stairs to be active



Stand while talking to family or friends on the phone



Break up sitting time



Try Chair based exercises



Try sit to stands



Try online exercise classes



Housework counts too



Walk more around the house



Gardening



Try strength & balance exercise

Listen to your body and only do what feels good for you. You should not feel any pain.

Every Movement Counts! Just move a little more and sit less!