

#### It is important to exercise

At the moment we all have to stay at a distance from people

This means we cannot exercise as normal

The government has told us **how we are allowed to exercise** 

### Outside - you can





Walk



run



cycle



Stay near where you live

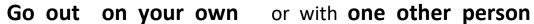




Only go out once a day



Up to around an hour











Groups must not go together

unless everyone lives in the same house

#### Choose a place which is quiet







If you meet anyone make sure you are 2 meters apart (3 steps)



Carers who live with their partner can take people out in a wheelchair

### **Inside**

Don't sit still too long -









stand up make a drink or do housework walk around

Try to do this at least once every hour



Use an **exercise bike** if you have one and are used to using it



If you have a garden – take a walk round or do some weeding



Do some exercises

sitting down

or standing



Do an online exercise class or find ideas on websites

# Exercise in the right way that is safe for you.... especially if you have physical difficulties

Some suggestions -

Exercise outside with someone else who lives in the same house

Stay on paths near where you live



Do what is **familiar** for you at the moment

Do as much as you can but don't overdo it

# Exercise is good for **physical health** and also your **emotional health**



Keeps our bodies healthy

Gives us more energy

Helps us sleep better

Helps us feel more positive and less stressed

It is good to have fresh air and a change of scene

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Email us: office@speakeasy-aphasia.org.uk | Speak to us: 01706 825802