

## 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**

**Go out on your own or with one other person**



**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

Intellectual property of [Speakeasy-aphasia.org.uk](http://speakeasy-aphasia.org.uk)

Email us: [office@speakeasy-aphasia.org.uk](mailto:office@speakeasy-aphasia.org.uk) | Speak to us: 01706 825802