Exercise

Regular exercise impacts on both our physical and mental health. The benefits are considerable – it can help us control our weight, reduce the likelihood of illnesses such as type 2 diabetes, heart disease and certain cancers, as well as improving our energy levels. It can also lift our mood, help us sleep better and cope more easily with stress – all really important benefits in these challenging times.

NHS guidelines suggest adults do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week

Whether you can't wait for the gym to re-open or aren't a great fan of exercise we've got a few suggestions to help you move more and maybe have some fun too!

Go for walk, round the block, round the garden on in the local park	If you fancy a run, try the couch to 5K app to get you started
Try a YouTube exercise video – there's something for everyone's fitness level	Dust off that old bicycle that you've got stored away (though check it's safe)
Put on your favourite song and dance around, a great mood booster	Walk up and down the stairs for 2/3 minutes and gradually build the time
Buy or borrow a skipping rope or a hula hoop	Join in with any exercise sessions in your home/scheme
Try some chair based stretches	Do some gardening or housework – both give you a good workout!