

Staying Fit

Maintaining your Fitness in Lockdown & Beyond



As the lockdown continues and we spend more time at home, it is important that we consider our physical, mental and financial wellbeing. Following our last communication entitled 'Staying Well', we will continue to share our thoughts with you in the coming weeks. We hope they give you some ideas in key areas to help you cope better.

Fitness: What works for you?

It can often be difficult to get motivated to do any form of fitness, however one thing lockdown has taught us is the importance of getting outside and enjoying the fresh air.

We have highlighted below some of the more common forms of exercise suitable for the current restrictions. Perhaps now is the time for you to try something new? There is a tremendous range of information and material available online.

Home workouts



- Check out Joe Wicks
- 15-20 minute burst of fun exercise
- Improve stamina and overall fitness
- For children and the elderly too
- See his YouTube page

Cycling



- Increased muscle strength and flexibility
- Increased cardiovascular fitness
- Improved joint mobility
- Less stress and decreased body fat

Running



- Cover more ground, breath fresh air, burn calories and get fit with every step
- De-stress by playing your favourite tunes or podcasts
- Run with family members and friends (post lockdown)

Yoga



- Increased flexibility, muscle strength, respiration, energy, vitality
- A more balanced metabolism, weight reduction, improved sleep, fewer colds
- All from the comfort of your living room!

Walking



- Get some much-needed fresh air
- Turn it into a nature trail or a game of eye-spy
- Time yourself on a specific route
- Explore new surroundings



ANY EXERCISE IS BETTER THAN NO EXERCISE

Staying Healthy

Maintaining a Healthy Diet in lockdown & beyond



Benefits of Healthy Eating

A well-balanced diet provides all the energy you need to keep active throughout the day. It provides essential nutrients for growth & repair and helps keep you strong and healthy.



Strong Bones & Teeth

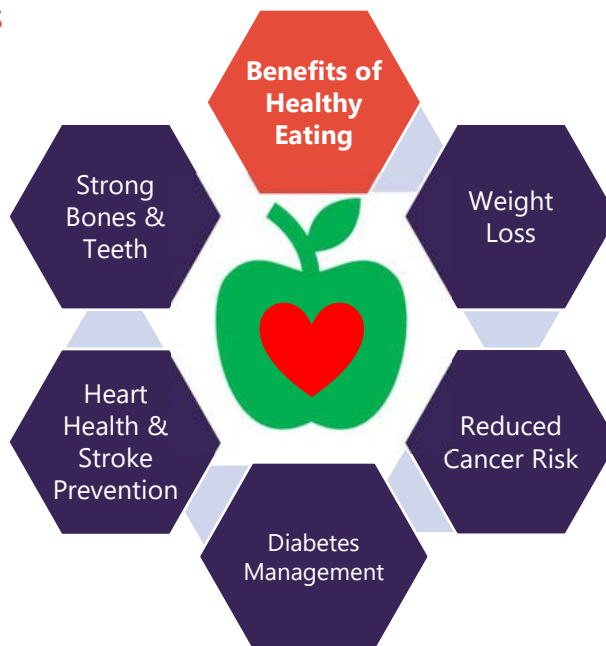
- They love calcium!
- Calcium-rich foods, such as low-fat or fat-free milk, yogurt and cheese, fortified soy drinks and tofu, canned salmon, almonds and dark green leafy vegetables help promote strong teeth and bones.
- Phosphorus, found in eggs, fish, lean meat, dairy, nuts and beans is good for strong teeth

Heart Health & Stroke Prevention

- A healthy diet reduces cholesterol & lowers blood pressure
- Combined with maintaining a healthy weight and control of blood sugar, this will reduce the chance of heart attack or stroke



Benefits of Healthy Eating



Diabetes Management

- Carbohydrates affect glucose levels so know which foods contains carbs
- Diet should include: Low salt, low red & processed meat, plenty of fruit & veg, wholegrains and pulses, low-fat dairy products and oily fish
- Controlled intake of foods containing saturated and trans fatty acids
- Careful with alcohol intake!



Weight Loss



- Aim to eat 5 portions of fruit & veg a day
- This should make up over 1/3 of your daily food
- A great source of essential vitamins, minerals and fibre
- Combine with daily exercise

Reduced Cancer Risk

- A diet rich in fruit, vegetables, and healthy fats like olive oil can lower your risk for a variety of common cancers, including breast cancer
- 70% of your lifetime risk of cancer is within your power to change, including your diet.



A WELL-BALANCED DIET HELPS YOU STAY STRONG & HEALTHY

Staying Alert


Maintaining quality sleep in lockdown & beyond



Following our last communication on financial wellbeing, we will continue to share our thoughts with you in the coming weeks. We hope they give you some ideas in key areas to help you cope better.


Benefits of Quality Sleep

With the many additional challenges forced upon us lately, there is one certainty....we will go to sleep and we will wake up. We spend 26 years on average sleeping BUT...the quality of our sleep often dictates the quality of our lives. Therefore it is important, especially now, to understand how to get the best sleep, otherwise the nasty aspects of life can come creeping up on us when we don't see them coming.



Establish a sleep routine

Set a sleep schedule
Aim to sleep & wake up at same times each day.
Avoid sleeping in at weekends




Get outside

Exposure to natural light and dark helps to produce melatonin, which can regulate your sleep & wake patterns




Eat well & exercise

Helps to relieve worry & anxiety that can disrupt sleep.
Exercise is best in the morning.
Avoid large meals & drinks late at night



Limit screen & news time

Try for 1 hour before bed of screen-free time.
Blue light from tv, laptop & phones tricks your body into thinking it's daylight.
News stories can cause anxiety



Limit alcohol & caffeine

Limit tea, coffee & energy drinks from midday. Drink plenty of water during the day. Dehydration can cause snoring, which upsets everyone!
Alcohol will make you drowsy and you fall into a deep sleep but you are more likely to wake up during the night



A QUALITY SLEEP HELPS YOU STAY AWESOME & ALERT

Staying Positive

Physical & Mental Wellbeing at Home



The spread of the coronavirus is very worrying news for us all. Turn on the TV and we hear stories of people in self-isolation, border closures and, tragically, an escalating death toll among the vulnerable. You may have already been asked by your employer to limit travel, work from home or avoid other people, and you may be finding it harder than you first thought.

Here are a few tips that you may find useful if you are feeling anxious:



Limit News Overexposure:

Limit the time you listen to news about the virus. Sensational news stories can perpetuate unnecessary anxiety.

Participate in Healthy Activities:

Engage in the lifestyle that encourages resilience and a healthy balance between work and home life:



Eat a healthy diet and get regular exercise



Get enough rest



Seek enjoyment (stop and appreciate the things that are important to you: family, nature, music etc.)



Enjoy moments (a smile, the smell of a flower, a cup of coffee, reading a good book, petting your dog, a movie, etc.)

Tips for working from home



- Create a workspace - get yourself organised and clear away any clutter, making sure there are no trailing cables that you or others can trip over.
- Be mindful of the Health & Safety Display Screen Equipment guidance, ideally always work at a table sitting on a chair; avoid working on a sofa or bed.
- Work your regular hours - maintain a distinction between work time and personal time by turning off your computer and emails when you finish the working day.
- Structure and maintaining routines can be helpful when working in your home environment. Have a coffee and take a lunch break as you would normally do.
- Keep moving. Take regular movement breaks and stretches using opportunities such as making and taking phone calls to stand up and walk around.
- Where family members or housemates are also at home, it's important that they understand you are at work - ask them to support you by respecting your work time.
- Stay connected. Don't be afraid to pick up the phone or initiate an online chat conversation with your colleagues. Engaging in a little small talk and having a quick chat is a great way to feel connected and involved with office life, even when you're not physically there.
- Keep healthy. When our energy levels dip, it can be easy for unhealthy habits to set in (snacking on sugary treats and drinks etc.). It's important to have self-control. Open a window in your work area and grab some fresh air by stepping out into the garden. Try some gentle exercising at home.
- Regardless of where you carry out work, the council's information security requirements always apply.
- Make your manager aware of any difficulties you are experiencing as a result of working from home. You can always access your company's Employee Assistance Programme for free, confidential support to help cope with wellbeing issues and legal and financial queries. Alternatively use the government website (see link below), your local authorities or your bank. All have useful information.

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>