

#HealthyHabits

Stay Active



PLATINUM
HEALTH

The COVID-19 pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us to do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise. But at a time like this, it's very important for people of all ages and abilities to be as active as possible.

- Remember - Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease your muscles and improve blood circulation and muscle activity.
- Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.
- It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries.
- Regular physical activity can help give our days a routine and be a way to stay in contact with family and friends.
- It's also good for our mental health - reducing the risk of depression, cognitive decline and delays the onset of dementia - and improves overall feelings.

*Keeping members informed,
because we care*

