

## Helping Maintain Physical Well-being

Having to be in 'lockdown', socially isolate and distance yourself (and your family) from your colleagues, friends and family members will make many of us feel stressed and anxious. These are truly extraordinary times where information and issues are changing extremely rapidly. It is not surprising that each day can feel totally different to the next and this is unsettling. What's happening in the world right now can feel daunting, unable to make plans even for the immediate future - it's very normal to feel worried and unsure about things.

We want you to look after yourself and your family during these difficult times. The following resources can help you and your family with your emotional and physical well-being.

### Websites offering advice on keeping fit, physical well-being

#### Free 30 day Yoga course

- <https://www.youtube.com/watch?v=-jhKVdZOJM>

#### Herts sports partnership (workout from home)

- <https://sportinherts.org.uk/workoutfromhome/>

#### SuperBetter (Builds personal resilience and boosts physical and emotional wellbeing)

- <https://apps.apple.com/gb/app/smiling-mind/id560442518>

#### The Football Association (Staying fit at home)

- <http://www.thefa.com/get-involved/footballs-staying-home>

#### 21 best home exercises for men (workout from home)

- <https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home/>

**Please keep safe and healthy**