

Staying Safe While Exercising

The current government advice is that we can go out every day to exercise on our own or with people we live with. They ask us not to stay out too long (there is no absolute time, but most people say about 30 minutes) and to make sure we keep 2 metres away from anyone we see when we are out and about. If you have a tape measure in the house, you could measure out how long 2 metres is then practice standing that far apart at home before you go out? The link below shows the advice in full:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>

It's ok for example to go for a walk, ride a bike or scooter, get on your roller skates/skateboard or take the dog out with the people you live with. If you are lucky enough to have a garden or yard, it's also fine to go out there to play. Fresh air and exercise are good for our physical health and emotional wellbeing and it's still safe to go outside as long as we stay 2 metres away from anyone we don't live with and wash our hands as soon as we get home.

YouTube: Germ Smart Kids 'How to wash your hands':

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

If you want or have to stay indoors there are some brilliant ideas for indoor physical activities at:

<https://www.nhs.uk/change4life/activities>

