



## Weekly Wellbeing Information and Tips

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### Be Active

Continuing with the Five Ways to Wellbeing, this week we are focusing on **being active**. Regular physical activity is associated with lower rates of depression and anxiety across all age groups, and is even more vital whilst living our currently restricted lifestyles. Current government advice is that we are able to leave our home once a day for exercise, and if we are fortunate to have access to outdoor space, we are able to use it.

Activity doesn't need to be particularly intense for you to feel good. Just enough to release the endorphins (feel good hormones) that make you feel better in yourself and give you more energy, boosting self-esteem and promoting sleep!

Here are a few ideas you could try this week...

- **Joe Wicks**, the nation's personal trainer during the Coronavirus. If you haven't heard of Joe Wicks yet, have a look. He is providing free workouts, for different ages and abilities all available through his YouTube channel [here](#).
- If you are a keen football fan **Albion in the Community** have launched [Together in the Community](#), with resources and video tutorials including football skills and challenges.
- Brighton and Hove City Councils **Active for Life** team have got lots of great ideas and guidance of how to [keep active at home](#)
- Make use of your **daily exercise** allowance! Take a brisk walk around your local area, increasing your vitamin D intake and even connecting with passing neighbours (whilst following social distancing guidelines)
- **Active Sussex** are sharing local ideas, initiatives, online classes or webinars from across Sussex on their social media platforms. Check it out [here](#)
- Do you enjoy **dancing**? Take the opportunity to join in dance classes from all around the world! A huge variety of online classes [here](#) through **Dancing Alone, Together**. (Helpful tip - add 5 hours to the times listed to convert to British Summer Time!)
- [Crawley Wellbeing](#) is offering seated Pilates classes and nutritional advice

- For those of you working from home, or if you're just pushed for time, try the [NHS 10 minute workouts](#). Filled with ideas for short workouts that you can incorporate into your day
- [Parasport](#) have created accessible home workouts for wheelchair users. Ideal if you haven't been active for a while and want to ease yourself in gently
- Try and bring some balance to your mind and your body, in the comfort of your own home by giving [Yoga with Adriene](#) a go. Yoga instructor Adriene offers over 500 free YouTube videos ranging from complete beginners to more advanced. She includes videos for all sorts of issues relating to mental health and wellbeing including sleep, anxiety and vulnerability



## Be Active...Challenges!

- ✓ [The 2.6 Challenge!](#) Join in by doing an activity based around the numbers 2.6 or 26 that suits your skills and complete it on or from Sunday 26 April.
- ✓ Do you enjoy tennis? Join Roger Federer's [volley challenge](#)
- ✓ Take part in [#stayactivebrightonandhove](#) and join in the weekly challenges from Active for Life [here](#)
- ✓ Buddy up with someone and challenge each other to 26 minutes of physical activity every day – use the [Mayathon](#) app to help you
- ✓ If you live in Hastings, check out the [Active Hastings Facebook page](#) which has lots of online exercise ideas and challenges.

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next week's edition: **Take Notice**

