

# Staying active during COVID-19 for vulnerable and at risk groups

Improve your mood

Boost your immune system

Reduce symptoms of anxiety and depression

Maintain physical function

Increase energy levels

## Activity ideas



Use a tin of beans as a weight to strengthen your arms (e.g. bicep curls)

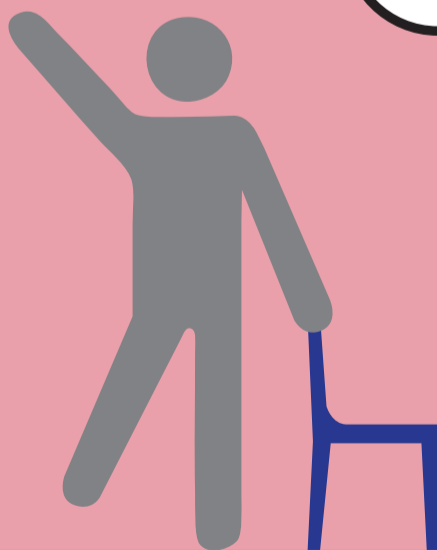
Stand up and sit down onto your chair

Use your stairs to keep active

Balance on one leg

Have a dance

Use online resources



## Reduce sitting time

Break up time spent sitting still

Set a timer to move around for 2 minutes every 30 minutes

If possible move around when you are on the phone to your friends and family

Some activity is good, more is better

Listen to your body and move in a way that feels good for you

Set yourself a goal and encourage a friend