



What you can do to stay happy and healthy whilst #stayingathome

Mental Wellbeing Tips:

- Play music from the moment you wake up.
- Try and stick to a routine that you are used to.
- Take regular breaks if you are working from home.
- Play boardgames and card games.
- Colouring or new hobby creations.
- Why not try gardening and sorting outdoor space for the summer weather.
- Clean your car or rooms to make it a positive environment to relax and spend time in.

Physical Activity Tips:

- Home workouts that can be found online, and on youtube tutorials.
- Kids activity ideas from home.
- Try yoga and pilates routines via social media and youtube.
- Follow @activeoadbywigs, on facebook and Twitter for regular updates and post.
- Schedule a workout each day to create a routine to increase motivation.
- Set small goals each week for yourself.
- Workout to music to make it more enjoyable.
- Alternate the types of work outs you do. Start off with a level of intensity you feel comfortable with then increase where applicable. Make sure you relax and take time to meditate or reflect on your workout.