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Staying healthy and keeping active

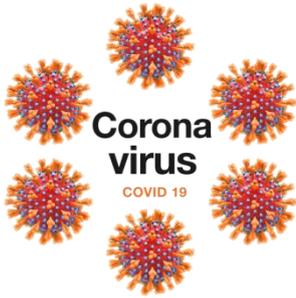
Looking after your health and keeping active in the coronavirus emergency



This document was written by **Public Health Wales**. It is an easy read version of '**Coronavirus support: Looking after your physical wellbeing and keeping active**'.

April 2020

Why is keeping active important?



Life is very different at the moment because of coronavirus. Are you doing less than you normally do?

Lots of people are keeping active. Keeping active:



- is good for your body



- can help when you feel stressed



- can help you sleep better



- gives you something to do in the day



- can be fun.

How can you keep active at home?



Lots of people in Wales are finding ways to keep active at home.



You can move about when you do jobs at home like cleaning.



There are lots of free classes you can do online like video exercise classes.



If you are **not shielding** or **self-isolating** you can also go outside to do exercise close to your home each day.



Shielding means staying home all the time because you have a high risk of getting very ill if you get coronavirus.

People who should be **shielding** have been sent letters from the Welsh Government.



Self-isolating means staying home all the time because:

- you have coronavirus
- you think you might have coronavirus
- someone you live with has coronavirus
- someone you live with thinks they might have coronavirus.



If you are **not shielding** or **self-isolating** you can go for a:

- walk
- run
- bike ride.



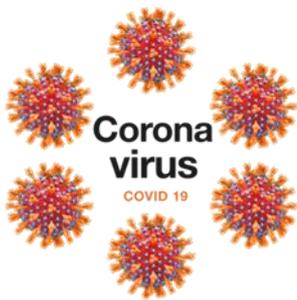
Try changing what you do each day so you do not get bored.

Where can you find more information and advice?



You can find information about exercise on the **Be Active Wales** website:

<https://www.sport.wales/beactivewales/>.



You can find the latest information about coronavirus on the **Public Health Wales** website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>.



You can get updates about coronavirus on the **Welsh Government** website here:

<https://gov.wales/topic/980/latest>.



This information is in easy read. It is from the **Public Health Wales website**:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/keeping-physically-well/keeping-active/>.



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