

PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT | PULL OUT

Staying Active at Home during the Coronavirus Outbreak



Being active is great for our physical and mental wellbeing

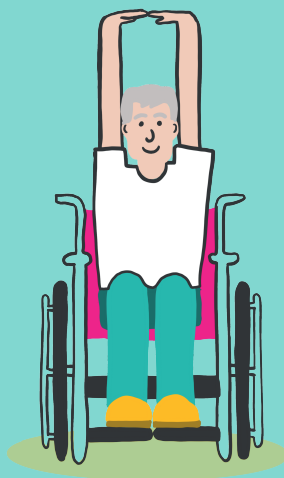


We are all being asked to stay at home, and it's important that we find ways to stay active during this time

Three things to remember



Try to avoid long periods of inactivity; our bodies like to move and muscles waste away quickly



Try to do strength and balance exercises 2-3 times each week to help you stay strong and steady



Try to build activity (anything that gets you a bit warm and makes you breathe a little harder) **into your day, every day**

See booklet for ideas and inspiration that will help you exercise safely in and around your home

#StayInWorkOut

If you have coronavirus symptoms (new persistent cough and/or a high temperature) and need help, or have been told to report your symptoms, call NHS 111

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Useful Contacts

NHS 111

111 or [111.nhs.uk](https://www.nhs.uk)

If you have any concerns about your health

Sheffield City Council helpline

0114 273 4567

For any questions or concerns relating to coronavirus

Smokefree Sheffield

0800 612 0011

For advice and support on stopping smoking

Rethink Mental Illness advice and helpline

0808 801 0440

For support with issues related to mental health and wellbeing

Citizens Advice

03444 113 111

Provides support and assistance on a wide range of issues

Age UK

0800 169 65 65

Provides advice and information for people in later life

Silver Line Helpline

0800 470 80 90

If you are aged 55 or over, call for a cheerful chat, day or night.

Samaritans

116 123

If you want to talk through any concerns, worries and troubles

Move More Sheffield

www.movemoresheffield.com/stay-active

More on our work to create a culture of physical activity in Sheffield

We Are UndefeatABLE

www.weareundefeatable.co.uk

Support for those with health conditions to become more active

Join the Movement

www.sportengland.org/news/join-movement

Ideas and resources for all on how to stay active during the coronavirus outbreak

My important numbers

Write them here

