

NEDDC Employee Wellbeing Update – 7 April 2020

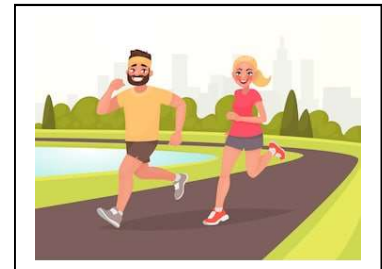
Steps we can all take to help?

- Taking exercise is one of the four reasons why you can leave your home
- It can be alone or with members of your household
- Social Distancing – remember 2 metre Rita and 6 feet Pete!
- If you are unwell, use your energy to get better, don't try to be active

Today's Theme: Spotlight on Keeping Active

Key Facts

- We are spending more time at home, that is why staying physically active is more important than ever
- Our routines are changing and perhaps it is an opportunity for you to discover a new sport!



Ideas – Exercise Outside

- You can run with the Couch to 5K Programme <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- You can cycle <https://www.nhs.uk/live-well/exercise/cycling-for-beginners/>
- You can walk <https://www.nhs.uk/live-well/exercise/walking-for-health/>
- You can garden <https://www.rhs.org.uk/advice/beginners-guide>

Ideas – Exercise Indoors

- Use You Tube to access online workouts such as Yoga, Pilates or from our own Leisure Services at NEDDC <https://www.ne-derbyshire.gov.uk/leisure/active-kids>
- The Body Coach and man of the moment, Joe Wicks is offering hundreds of free workouts on <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Free online workouts with Sweaty Betty <https://www.sweatybetty.com/workout-videos.html> and Our Parks <https://www.youtube.com/channel/UCKTBvoYglo-As3GBURHI8fA/playlists>
- Disney themed workouts and more at <https://www.nhs.uk/change4life/activities>

General Tips

- Make sure your workout area is free from obstacles
- Make sure you warm up and cool down to prevent injury
- Stop if you feel faint or unwell

Further Details - Check out Sport England

https://www.sportengland.org/stayinworkout#get_active_at_home

https://www.sportengland.org/stayinworkout#get_active_outdoors

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.