

HOW TO STAY HAPPY & HEALTHY AT HOME

In this time of change, there are lots of online ideas and information about how to stay healthy and well. We have taken some of that information and put it in our newsletter to make it as easy as possible for you and your family to feel inspired and help you feel good despite recent developments. Enjoy!

KEEP MOVING

Even though we cannot go to the gym or the local leisure centre now, there are still lots of ways we can exercise from the comfort of our homes and you do not need a garden or a lot of space.

When we exercise, we release endorphins, which are the chemicals that make us feel good. The quickest, easiest and cheapest way to enhance how you feel is simple. Move more. The whole family can do something whether it's jogging on the spot, dancing, yoga, star jumps, and lunges or if your mobility is limited, you can do exercises whilst seated. Housework and gardening is also a good way to stay active.

There are so many free online programmes and videos available now we could not list all of them, but below are some to point you in the right direction:

Children need 60 minutes of physical activity every day. Keep your child active at home with Joe Wicks' free PE lessons streamed live every weekday at 9am on his YouTube channel, The Body Coach TV.

[Visit Joe Wicks PE workout](#)

[You Tube Kids](#) has a range of fun dance routines for kids including Zumba workouts. Kids can also keep active with [Disney's 10-minute shake-up](#) games and [Disney Dance-Alongs](#).

For adults, there are just as many, if not more, programmes you can try out to help you keep moving. Find a programme/trainer (online) that you enjoy and stick to it. Just 20 minutes of exercise a day can have significant effects on your physical and mental wellbeing. YouTube has an enormous number of options.



Adults can try 500 free workout videos from Fitness Blender.

Visit www.fitnessblender.com and Les Mills.

Visit watch.lesmillsondemand.com/at-home-workouts

At the NHS online Fitness Studio, you can take your pick from 24 instructor-led videos across our aerobics exercise, strength and resistance, and Pilates and yoga categories. The workouts have been created by fitness experts and range from 10 to 45 minutes. Visit www.nhs.uk/conditions/nhs-fitness-studio

Sport England has a directory full of ideas how to stay active whilst at home. Check it out. Visit www.sportengland.org/news/how-stay-active-while-youre-home

Peloton the makers of the indoor exercise bike, have online live classes as well as videos of workouts which you can access free of charge for 90 days.

Visit www.onepeloton.co.uk

[Willesden Sports Centre](#) and [Vale Farm Sports Centre](#) also have on line videos and memberships so you can keep active whilst at home.

CREATE A ROUTINE

There is no right or wrong way to enjoy your days at home yet feel like you have achieved something. For some, having a loose plan about what you want to accomplish will do, for others, a schedule helps the running of the day. You can make your own or there are several apps available that can help to plan your day, such as [Habitica](#)



Start your day with a healthy breakfast and some physical activity (see activity ideas), followed by some learning with regular active breaks. If you are working from home, if possible try working in a separate space to minimise distractions. After lessons, schedule in creative activities such as arts and crafts, reading or playing musical instruments. Consider limiting your child's screen time. However, it is important that everyone has some 'down time' too. Try to make sure your child gets to bed at their normal bedtime and factor in some time for yourself to enjoy the evenings healthily.

EAT WELL

Eating healthy meals will strengthen your immune system and boost your mood. Where possible try to prepare meals that include; a variety of vegetables (fresh, canned or frozen); starchy foods such as potatoes, rice or pasta; and protein such as beans, fish, eggs or meat. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks such as yoghurt, fruit slices, chopped vegetables with hummus, plain crackers, plain popcorn and rice cakes. Limit sugary snacks, which can cause tooth decay, poor concentration and weight gain.

If you are spending more time with the children, try cooking or baking together. Change4Life have lots of easy and affordable recipes online and via their app 'Smart Recipes' available to download free from the App store and Play Store. For inspiration visit www.nhs.uk/change4life/recipes

BBC Good Food has an abundance of healthy recipes for all tastes, dietary requirements and cultural preferences. Check out www.bbcgoodfood.com/recipes/collection/healthy-kids

Another idea to try could be Get Kids Cooking with Jamie Oliver www.jamieoliver.com/features/category/get-kids-cooking/





Brent