Physical activity is an essential part of daily life

Increasing physical activity level is even more important than usual in the face of COVID-19

**Why!**
- To maintain and improve overall feelings of wellbeing.
- To prevent and manage anxiety and depression.
- To boost the immune system.
- To ease muscle strain.
- To stay physically fit.
- To prevent obesity, cardiovascular disease and other illnesses.
- To support healthy growth and development among children.

**What should we do at home?**

- Try and reduce long periods of time spent sitting, i.e. stand up and walk around every hour.
- Make time for fun, such as dancing to music.
- Be flexible about the types of exercise you choose.
- Start with small amounts and gradually increase duration, frequency and intensity over time.
- Be flexible about the types of exercise you choose.
- Set up a regular routine to be active every day.
- Set time to stretch muscles using inhouse happy walk video clip as shown below.*

https://www.youtube.com/watch?v=-SSY8sI0mM&amp;t=158s

**What should we do at office?**

- Stand for at least one hour during office time.
- Take a break for 5 minutes every hour to avoid eye and mental stress.
- Make small talks at work for having a change or breaking the monotony.
- Take the stairs instead of the lift or walk for half an hour.
- Do meditation or yoga or neck pain relief stretches as convenient using one of weblinks.

www.youtube.com/watch?v=4vTJHUDB5ak&amp;feature=emb_rel_pause;
www.youtube.com/watch?v=c_aGW96Mu8g

Always practice physical distancing, hand and respiratory hygiene if you are out for physical activity.

*The video clip is included in the document for further assistance. Please ensure you can access it as it is an essential part of the home activity suggestions.

**For more information, please visit:**
- [World Health Organization](https://www.who.int)