

# KEEP MOVING SUFFOLK

*For your physical and mental health*



## STAYING ACTIVE

We know exercise alone will not prevent us from getting Coronavirus (or any virus for that matter), but we do know that exercise can build up your strength and immunity which in turn will help your body to fight off infections.



## EXERCISE OUTSIDE

It feels great to exercise outside, whether you're going for a leisurely walk, run or cycle for your daily exercise, just getting outside can help to lift your mood...just please remember to stay close to home and observe social distancing rules.



## EXERCISE IN YOUR HOME

If you would rather stay indoors at the moment, there are some excellent videos and resources to help keep you active in and around your home on the Keep Moving Suffolk website.



## EXERCISE IF YOU'RE OLDER

Even if you don't feel confident to leave home to exercise, it's never been more important to be active. You should always follow your GP's advice if you have an existing health condition but moving more or doing some gentle exercise can have a positive impact on your health.



## EXERCISE FOR CHILDREN

There is clear evidence that children who regularly exercise, are more focused and achieve better results. Activity helps burn energy, stimulates brain performance, and will physically make children stronger.



## HELP AND SUPPORT

The Keep Moving Suffolk website has a wide range of resources, tips, advice and support on how you can stay active despite the challenging restrictions.

**Visit: [keeptomovingsuffolk.com](https://www.keeptomovingsuffolk.com) for full details.**