

# Being active during COVID-19 for vulnerable and at risk groups

Improve  
your mood

Reduce symptoms of  
anxiety and depression

Maintain physical  
function

Boost your  
immune system

Increase  
energy levels

## Activity ideas

Use a tin of beans as a weight to  
strengthen your arms (e.g. bicep curls)

Stand up and sit down onto your chair

Use your stairs to keep active

Balance on one leg

Have a dance

Use online resources



## Reduce sitting time

Break up time spent sitting still

Set a timer to move around  
for 2 minutes every 30 minutes

If possible move around when  
you are on the phone to your  
friends and family



Some activity is good,  
more is better

Listen to your body  
and move in a way that  
feels good for you

Set yourself a goal  
and encourage a friend

Infographic created by Steven Hanson email: [hello@floating-boat.co.uk](mailto:hello@floating-boat.co.uk)

This infographic is based on the BJSM blog  
Staying or becoming active during social distancing if you are in an 'at risk' or vulnerable COVID-19 group