

# Being physically active during COVID-19

Increase productivity

Improve your mood

Reduce symptoms of anxiety and depression

Sleep well

Increase energy levels



## Working from home

Break up time spent sitting still

Set 30 minute timers and move around for 2 minutes

If possible stand up for calls and meetings



## Activity ideas

Walk laps inside your house

Have a dance

Attend an online class

Body weight exercises

(e.g. lunges and squats)

Go up and down your stairs



Some activity is good, more is better

Connect with friends via text and social media to stay active

Make use of online activity resources

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

This infographic is based on the BJSMBlog  
Be calm, be active: simple ways to boost your physical activity during COVID-19