

Exercise

Local 1-1 wellbeing support is available for care home staff:

Call or text 07971 794 065 to arrange support

(This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

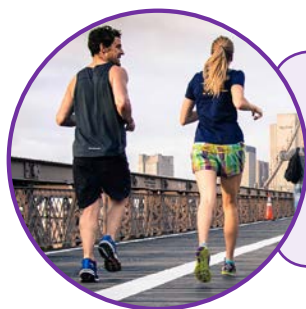
For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191

NHS Lanarkshire Staff Care and Wellbeing 24h Helpline - 01698 752000

Exercise at home

- ◆ No need for equipment - body weight exercise.
- ◆ www.Active.com for sites and ideas for workouts and online classes.
- ◆ Resistance training, use food cans, bottles of water, latex bands.



Train with a friend

- ◆ Use online chat apps to motivate and encourage each other when needing a nudge.

Garden/Green gym

- ◆ Digging and working in the garden are great outdoor exercise.
- ◆ Volunteering/conservation work and community allotments are all ways of accessing green gym if you don't have a garden at home.



Walking

- ◆ Something almost everyone can do and one of the best activities for us.
- ◆ Keep interested by exploring our urban areas, local history, countryside & parks.
- ◆ For led walks: www.getwalkinglanarkshire.com
- ◆ Connect with nature - being outdoors has a positive influence on our mood and mental health.
- ◆ Using a pedometer/app such as strava/fitness tracker watch can help keep track of progress and hit goals and maintain interest and motivation.

Cycling

- ◆ Many have begun or rediscovered cycling during Covid. Buy or dust off the bike in the shed.
- ◆ Local projects to give your bike a safety check and make it ready to get pedalling. Camglen's Bike Town, Common Wheel.
- ◆ www.sustrans.com for local routes and cycle networks.
- ◆ Cycle to work and build exercise into daily commute. www.elament.org.uk Walk Ride Lanarkshire

