



Staying Healthy - While Staying at Home



Staying at home helps to keep you and others **safe** from coronavirus.

These are some **ideas** to help you stay healthy.



Try **eating well** with some balanced recipes.

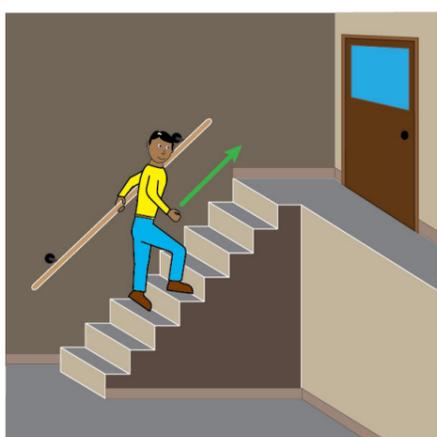
Try to follow the **Eat Well guide**:

www.nhs.uk/live-well/eat-well/the-eatwell-guide



You should **try to be active every day**.

All activity counts, the more the better!



You could try the **Mencap Mountain Challenge** by climbing the stairs at home.

Website:

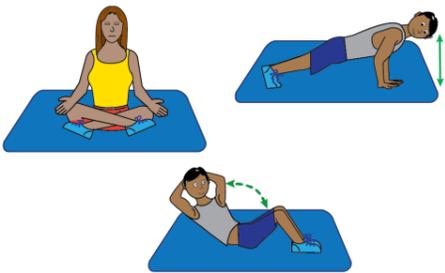
www.mencap.org.uk/event/mencap-mountain-challenge



Dancing to your favourite music at home.



Maybe even **gardening**.

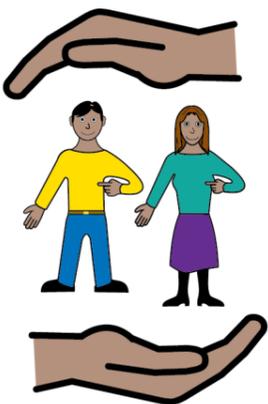


Or you can try an **online video from home**

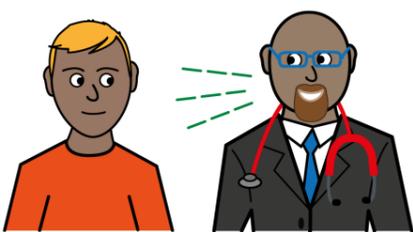
www.nhs.uk/conditions/nhs-fitness-studio

or some **seated exercises**

www.nhs.uk/live-well/exercise/sitting-exercises



For some people with **other health conditions**, it might not be safe to leave the house at all.



If you have other health problems, **speak to your doctor, nurse or your care team.**

They can give advice on the **safest** way for you to stay active.



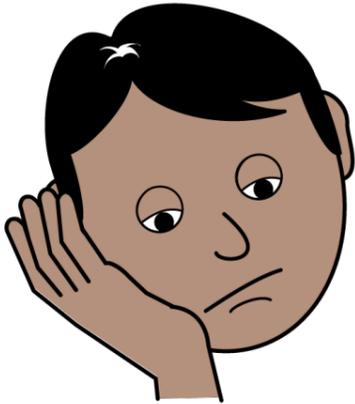
It is also important to get **good sleep** so that your **mind and body** can **feel rested**.

If you have problems with your sleep, speak to your doctor.



You should also **avoid smoking or drinking alcohol.**

Speak to your doctor, nurse or pharmacist if you need some help with this!



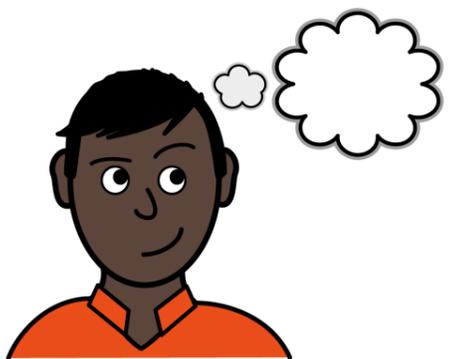
It is normal to feel sad, lonely, bored or worried

Talk to friends and family, or someone that you trust.



Remember to regularly **wash your hands** with soap and water for **20 seconds.**

This short video can show you how
Website: vimeo.com/134952598



Remember to always follow the **latest Government Advice.**

You can also find more information through Get Checked Out

www.getcheckedoutleeds.nhs.uk/get-checked-out-nhs-england



Would you like some **help** to be more active?

One You Leeds:

Website: oneyouleeds.co.uk/move-more/

Phone: 0800 169 4219

Active Leeds:

Website: active.leeds.gov.uk/healthy-at-home/be-active

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: getcheckedoutleeds@nhs.net