

Exercise Well Top Tips

- Get up and get moving – when working from home it is easy just to settle yourself in front of the computer straight away. Set yourself a task of walking around the garden or up and down the stairs a few times before starting work. It will help you wake up and feel ready for the day
 - Motivation to exercise while at home can be difficult, there isn't always a designated area and most of us don't have the equipment. Set yourself manageable exercise goals, such as 3 breaks a day to stretch – no equipment necessary
- Get your household involved! Often the problem is when we want to exercise everyone else in the house needs us. Each week take it turns to organise a house exercise session and the others must do it!
 - Set yourself a goal. Often when we have something to focus on it drives and motivates us. It could be to do 20 sit-ups a week, plank for 5 minutes by the end of the month or run a 5k by May bank holiday!
 - Get online! There are so many free workouts online for you to try, so don't worry if you don't like the first one, there are many more out there.

