

## Physical Activity information from Public Health Scotland

Due to the COVID-19 restrictions there is a significant increase in the risk of harm to physical and mental health from increased sedentary behaviour, increased physical inactivity, limited access to outdoors and potential increase in food /alcohol consumption and malnutrition. Internationally the World Health Organisation have published guidance on how to 'Stay physically active during self-quarantine'.

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

General population	Be active, feel the difference.	Being active can help to enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression. Now more than ever, it's important to move more.	NHS Inform: Benefits of Physical Activity <a href="https://www.nhsinform.scot/healthy-living/keeping-active/health-benefits">https://www.nhsinform.scot/healthy-living/keeping-active/health-benefits</a>  Scottish Government, Physical Activity COVID-19 infographic <a href="https://www.nhsinform.scot/media/3065/coronavirus-physicalactivity-infographics-27032020.zip">https://www.nhsinform.scot/media/3065/coronavirus-physicalactivity-infographics-27032020.zip</a>
General population	Something is better than nothing.	Any amount of physical activity, however small, is good for you. Continuing to enjoy short, local walks, jogs or cycles is a great way to clear your head and stay active. Remember to observe social distancing guidance and stay local (or try to build into your daily commute).	Stay In Workout <a href="https://www.sportengland.org/stayinworkout">https://www.sportengland.org/stayinworkout</a>
General population	Get your daily dose of	Everyone is encouraged to exercise once a day outside. Walking, jogging	NHS Inform - Keeping Active: <a href="https://www.nhsinform.scot/healthy-living/keeping-active">https://www.nhsinform.scot/healthy-living/keeping-active</a>

	physical activity, fresh air and vitamin D.	or cycling are a great way to not only exercise but get to some fresh air and sunlight to boost your vitamin D levels.	
Those able to leave the house to exercise.	Stay active, stay safe.	Make the most of your daily opportunity to be active outside. Maintain social distancing, stay local, avoid non-essential travel and walk, jog or cycle from your door step.	Walking during periods of social distancing: <a href="https://www.pathsforall.org.uk/lets-walk/tips-and-stories/tip-and-story/walking-during-periods-of-social-distancing">https://www.pathsforall.org.uk/lets-walk/tips-and-stories/tip-and-story/walking-during-periods-of-social-distancing</a>  Get Active Outdoors: <a href="https://www.sportengland">https://www.sportengland</a> .
Parents and children	Stay active, stay safe at home or outside.	For parents and children, however young or old, it's important to stay active for your wellbeing.	Parent Club, keeping active during coronavirus: <a href="https://www.parentclub.scot/articles/keeping-active-during-coronavirus-outbreak">https://www.parentclub.scot/articles/keeping-active-during-coronavirus-outbreak</a>  Change4Life indoor games for children – <a href="https://www.nhs.uk/change4life/activities/indoor-activities">https://www.nhs.uk/change4life/activities/indoor-activities</a>  Change4Life accessible activities for children - <a href="https://www.nhs.uk/">https://www.nhs.uk/</a>