

Black Country Health & Well-being Foundation

Project: Creating Better Chances

Keeping healthy in Covid-19

We know how difficult the lockdown will be for a lot of you and we want to support you.

During this Covid-19 Pandemic, it is important to exercise so that it helps the body to remain active. Regular exercise increases muscle strength and enhances sleep. This helps to improve mental health. Exercise is also associated with our cardiovascular system and helps to keep us fitter and improves muscle strength. During exercise, blood is pumped around the body, which increases mental alertness and increases moods, leaving you more happy

It's also important to gain as much Vitamin D as possible. as this helps the immune system to build muscle strength and boost brain power. One of the best ways to acquire Vitamin D is through natural sunlight by going outside for fresh air and maintain a good diet of oily fish – such as salmon, sardines, herring, and mackerel.

Four simple ways to exercise

- Walking at moderate pace
- Running outdoors
- Gardening or DIY
- Housework
- 150 minutes a week of moderate activity (19-64 yr olds)

For further information please click on the following link:

<https://www.bbc.co.uk/news/av/uk-england-essex-55327298>

Lock down and the different Tier levels

Just recently, the Prime Minister of UK, Boris Johnson announced a Level 5 Lock down in UK, but what does it all mean? Here is a breakdown on the different levels associated with a Lock down and how it all works:

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Mental Well-Being. Thanks to the Government for making this possible



The five levels are as follows:

- Level 1 (green): Covid-19 is not known to be present in the UK – no social distancing needed
- Level 2: Covid-19 is present in the UK, but the number of cases and transmission is low – minimal social distancing needed
- Level 3: a Covid-19 epidemic is in general circulation – social distancing relaxed
- Level 4: a Covid-19 epidemic is in general circulation; transmission is high or rising exponentially – social distancing in force
- Level 5 (red): as level 4 and there is a material risk of healthcare services being overwhelmed – strict social distancing needed. transmission of the virus is "high or rising exponentially".

Level 5 is the highest setting on the government's system and indicates a risk of hospitals being overwhelmed within three weeks if urgent action isn't taken.

For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

www.blackcountryhwhf.org.uk

info@blackcountryhwhf.org.uk

سید رنگ کرم بدراہ توجانہ سے یکیت رجمان یک معلومات کہ ہو چاہتے آپ اگر 07734 952908

If you want Information translated or explained please ring 07734 952908

Disclaimer: This is a general guidance and it is always recommended to consult your physician or GP should you have any medical condition or are worried about anything in this leaflet



HM Government

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**THE NATIONAL LOTTERY
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