



BCHWF

Keeping Healthy During Covid 19



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.

Keeping Healthy During Covid 19

During Covid its important to exercise so that you can activate the body

Regular exercise increases muscle strength and also enhances sleep, which helps to improve mental health

Exercise is associated with our cardiovascular system and helps to keep us fitter and improve muscle strength.

During exercise, blood is pumped around the body, which increases mental alertness and increases moods, leaving you more happy

Its also important to gain as much Vitamin D as possible. as this helps the immune system build muscle strength and boost brain power.

One of the best ways to acquire Vitamin D is through natural sunlight and a good diet.



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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)



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For further information, or queries please email

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