

Movement Monday – Be Active



Physical activity can improve wellbeing, reduce anxiety and depression

- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity e.g. 30 minutes on at least 5 days a week

1



Take part in the A-Z workout challenges posted daily by Mr Day.

2

Continue with the Joe wicks daily live workouts at 9am or watch them at any time.



3

Try this yoga pose to boost your mental wellbeing and improve self-confidence.

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V. Hold this position for as long as you like. Let your head hang down and breathe.
- 3 To release, exhale and bring knees to the floor.

