



THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

EXERCISE

W WORDS



“Exercise not only changes your body - it changes, your mind, your attitude and your mood.”

E EXERCISE

GOAL SETTING



Think about different ways of exercising during this time, whether it be home workouts, or taking up running with couch to 5k. Having small goals will help you to stay motivated. Make it easy. Make it achievable but most of all practice discipline.

L LINK



Lots of fitness professionals are offering their services for free or at reduced cost, particularly for NHS staff. FIIT is a great place with lots of different workouts and a schedule for you to follow. They are currently offering a 3 month free trial to NHS staff.

www.fiit.tv

L LAST THING

HAVE FUN



Exercise is important for mental and physical wellbeing, but most of all make sure that you find an exercise which you truly ENJOY! Whether that be dancing, yoga or skipping - it should bring a smile to your face!

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



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