

### Keep Calm and Keep Moving

Whilst we are self-isolating and social distancing it is extremely important to keep moving. Muscle strength is important for keeping your balance and your exercise tolerance which can help with symptoms such as breathlessness and fatigue. Whilst exercising it is important to pace yourself and manage your breathing so ensure you take your time, breathe in through your nose and out through your mouth if possible, in a controlled way. For those with breathlessness use the tools that have been given to you, such as the breathing rectangle and your hand held fan to help keep control whilst you keep active. I have included a link to a guided exercise video for you to follow, if you can't manage this in standing then I have also included some seated exercises for you to do.

1. If you are feeling well enough and it is part of your normal routine to go out walking then continue this whilst ensuring you are not going into crowded areas and that you can safely distance yourself from others or simply walking around the block near your home.
2. If you are at home then avoiding sitting for long periods and get up and move at least hourly to 2 hourly depending on your normal level of activity, to avoid joints becoming stiff and muscles not being used.
3. Use activities in the house to help keep you moving such as stairs; if you normally go out walking and want to avoid it then use your stairs to get in those extra steps but do remember to pace yourself.
4. Whilst waiting for the kettle to boil or those endless adverts to finish during your favourite programme use the time to do some exercises such as marching on the spot or sit to stands from the chair, or side stepping with support along your work surface.
5. If you are feeling under the weather and are finding yourself resting more then make sure you are moving your arms and legs regularly to keep the joints oiled and muscles working which will help to boost your circulation too.
6. To avoid becoming fatigue or reduce fatigue levels exercise is the key; start small so that you feel a sense of achievement and add a little bit everyday within what feels comfortable to do.
7. Get up and dressed as a starting point to avoid any pyjama paralysis; it will make you feel better to start the day and avoid getting out of routine.
8. Ensure you are drinking plenty of fluids; this helps your airways stay moist and help your hydrate as you keep active.
9. If you're feeling a lack of motivation set yourself a goal to achieve that day.
10. Keep active and positive- the more you stay mobile the more function you will keep....Use it or Lose it.

And most importantly have fun whilst you do it and if you have family members around get them involved too... everyone loves a bit of competition so get counting those steps!!!