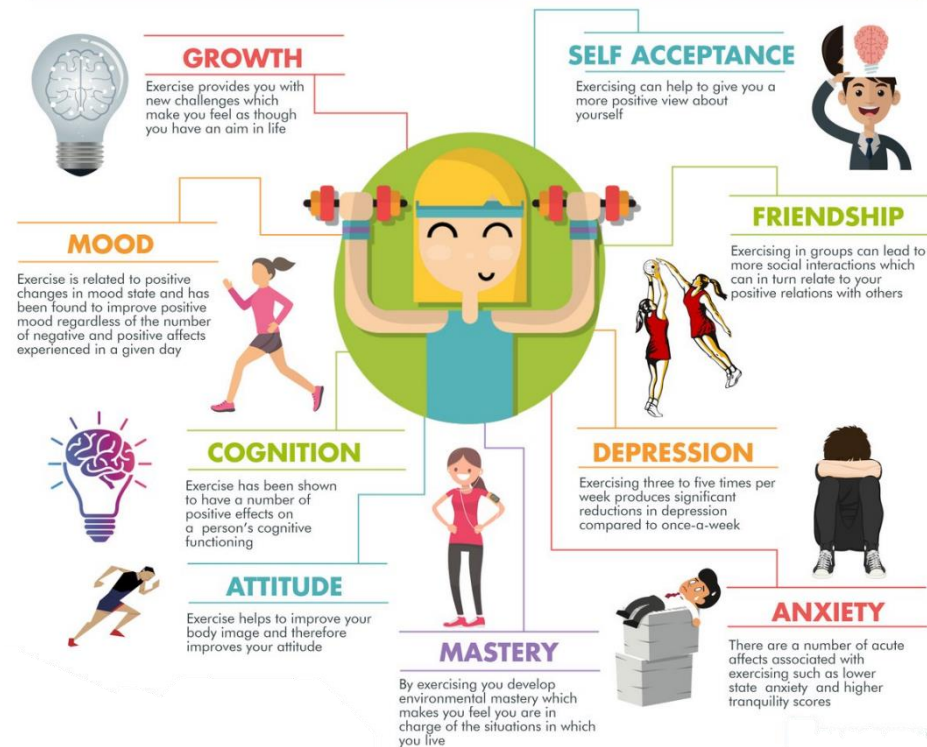


Corby Business Academy – Every Day Well-being

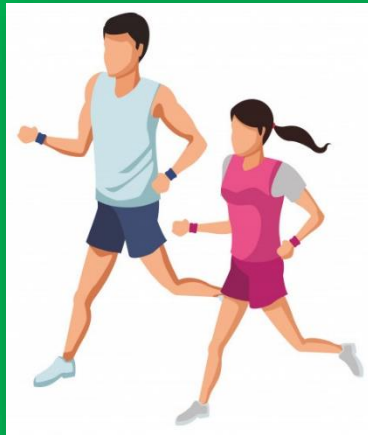
We are all too aware of the challenges for families and students during current national school closures. One of those challenges is spending a lot of our time in front of a computer or tablet screen. It is very important that we continue to remain as active as possible during these times of isolation. This guide will show you the benefits of being active for 60 minutes or more a day and the many ways you could build this in to your new daily routine.

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



Commit Believe Achieve

Building Activity into Routines



Communicate
Be Active
Self-Care
Healthy Eating
Focus

Social Health

Communicate:

- *There is nothing better than face-to-face interactions so spend time talking with members of your household.*
- *Schedule a face-time or phone call with a friend and have a conversation about your day.*

Physical Health

Be Active:

- *Try to keep a similar schedule to the school day and get some exercise during break and lunch times.*
- *'Drop Everything and Move'- build into your lessons a quick five-minute burst of activity. This could be as simple as walking up and down the stairs.*
- *Ensure you are active for a minimum of 60 minutes a day.*

Mental Health

Self-Care:

- *Take some time for yourself. Read a chapter from a book. Relax with some yoga. Do something that calms you and allows only positive thoughts.*
- *Sleep for a minimum of 7-8 hours. Go to bed at a reasonable time and get up feeling positive and ready for the day ahead.*

Nutrition

Healthy Eating:

- *Keep a 3-meal routine. Breakfast, Lunch and Dinner.*
- *Achieve your 5-a-day fruit and veg. Every time you achieve this reward yourself with a snack of your choice.*
- *Drink a minimum of 2-litres of water a day. Try to stay away from soft drinks like Coca Cola.*

Cognitive Skills

Focus:

- *Keep a plan of your day and assignments set.*
- *Focus on each individual task not the whole assignment. This will break it down into more achievable amounts of work.*
- *Take stress a step at a time:*
- ***S**- stand back from the situation **T**- take a deep breath **R**-relax, do something which will calm you **E**- Exercise, get rid of that stressful energy **S**- Sleep, get your regular 7-8 hours **S**- Speak, share your emotions with someone.*

Try to apply the activity pyramid principle when in-between lessons:

Limit time on screen:

- Time in front of a computer
 - Time watching TV
- Time playing video games

Avoid being inactive for more than 90 minutes at a time.



Use any of these methods to get away from your screens throughout the week.

Try to complete 60 minutes of activity per day.

Flexibility and Posture Activities:

- Stretching
- Yoga
- Pilates

Complete 2 times a week with stretches lasting 30 seconds. Try between 1-3 sets.



Muscle Fitness Activities:

- High Intensity Interval Training
 - Resistance Training
 - Circuit Training

Complete 1-3 times a week. Moderate to high intensity levels.

Lifestyle Activities:

- Walk the dog
- Take the bin out
- Help hang out the washing

Complete most days. Try to build up these activities to form 20 minutes of active time a day.



Aerobic Activities:

- A bike ride
- A run or jog
- Dancing

Complete 3 times a week. Make sure the activity last for longer than 20 minutes.