



Looking after your physical and mental health is important during these times of self-isolation and social distancing. Exercise, fresh air and sunlight will help with your wellbeing, stress levels and sleep.

Provided you, or someone in your household, are not displaying symptoms of Covid 19, current advice is that it is safe for you to go outside for exercise once a day, so long as you:



Do not travel

Exercise outside close to your home



Go alone or with members of your household

Keep 2 metres / 6½ feet from others at all times



Be vigilant with hand washing and hygiene

Be aware that gates, stiles and other outdoor structures are touched regularly



Do not undertake new or risky activities

Stay safe during this time of increased burden on our emergency and health services



Follow the Countryside Code

Consider farmers and others who are working hard to keep our shelves stocked and infrastructure running

In line with Government advice, if you are self-isolating with symptoms, or someone in your household has them, you shouldn't leave home. That doesn't mean you should stop moving.

It's really important to use movement and activity as a way of breaking up your routine. If you feel well enough, cook, play active games, dance or go into the garden if you've got one.