

Exercise – How it can help you and getting started

“Taking care of the mind, is equally as important as taking care of the body”

Let’s re-set and refresh ourselves, carry out this simple task when you need a break. It will make you more aware of your surroundings.

Take a look around you and find five things that you find interesting.

It can be:

- Something you see
- Something you hear
- Something you smell or even something you taste.

Focus on those five things individually, exploring them one by one.

This will help to unlock your brain, disconnect from a difficult task or even help you to take a break from something that appears too routine.

It helps to light up the creative parts of your brain, encouraging a lighter more optimistic mood.

Regular exercise, or being physically active, can help to maintain positive mental health. It doesn’t mean you have to run a marathon or take part in a high intensity workout, it simply means to sit down less and to move your body more.

Let’s explore 5 ways to get you moving and feeling better:

- ✦ **Start Small** – we are all different, so do what you feel most comfortable with. This could be a short walk (on your own or socially distanced with one other person), or taking part in an online class. CODE offers 3 a week!
- ✦ **Be Kind to yourself** – If you are doing anything more than you normally would, that’s a step in the right direction. Keep a diary, that way you can reflect on what you have achieved.
- ✦ **Everyday things count too** – Chores (Vacuuming and mopping) are a great way to get your heart rate up... you could even add a bit of singing or dancing to make this more fun.
- ✦ **Clear your head** – Exercise is a great way to clear your head of unwanted thoughts and to help you concentrate on important tasks.
- ✦ **Celebrate your achievements** – Give yourself a reward for whenever you have done well. A bubble bath or a small bar of chocolate are a great way to reward yourself.

But how can it actually help me?

- ❖ **Better Sleep** – the more you exert yourself the more tired you will feel, it also helps to clear your head.
- ❖ **Happier Moods** – Physical activity releases feel-good hormones that make you feel better in yourself and give you more energy. Happy Endorphins!

- ❖ **Managing stress, anxiety or intrusive thoughts** – Doing something physical releases cortisol which helps us to manage stress. It also helps to clear your mind and give you something to focus on. Many people use exercise as a positive coping strategy for difficult times.
- ❖ **Better self esteem** – It can help you meet your goals and feel better about yourself.
- ❖ **Reducing the risk of depression** – studies show that doing regular bouts of exercise can help to prevent a spell of depression.
- ❖ **Connecting with people** - you can do exercise in a group (online at the moment!) or you can even meet up with someone and go on a socially distanced walk together.

However, it doesn't always work for everyone...

It is important to trial different types of physical exercise and find out what works for you, or even if it works for you. One day it could work really well, other days it might not do. You just need to learn from and listen to your body to understand what works for you.

Take 5 minutes to write down 5 ways you will try physical exercise over the next 7 days, remember this can be anything that gets you moving. Even a dance around your studio can help!

This week I will:

- 1..... 2.....
- 3..... 4.....
- 5.....

How much should I actually be doing?

The Department of Health recommends that adults should be active daily and complete 2.5 hours of moderate intensity activity over a week (a 7 day period). This is classed as the equivalent of 30 minutes a day. Remember, this doesn't have to always be high intensity, but just making sure you are getting up and moving every day.

You need to look at a few things before you start.

- Do you want to exercise indoors? Outdoors? Or a mix?
- Do you want to do it on your own? In a class online? Or go on a walk with one friend?
- Do you want to try something new?

These tips should help you on your new physical activity journey

- ✓ **Overcome Barriers** – What is stopping you at the minute? It can be scary to start something new, but overcoming barriers such as cost, injury, illness, lack of energy, fear of failure or even the weather can help you on this journey. Look at ways to get around what is holding you back. Maybe try our yoga sessions on a Tuesday at 6pm? You can do them in the privacy of your own studio.

- ✓ **Make time** – picking up on last weeks topic, schedule this into your daily and weekly routine. Make it part of your life. Writing it down on a schedule will make it more permanent.
- ✓ **Be Practical** – don't try too much, too fast and know your limit.
- ✓ **Make it right for you** – touching on the points above, it is important to understand that not every form of exercise will work for everyone. So, work out what works best for you. Think about which part of your body you actually want to exercise, and target that first.
- ✓ **Start Slowly** – Don't just throw yourself in, or it will hurt! Ease yourself into a new exercise and give a few weeks before you decide if it is right for you or not.
- ✓ **Goals** – Set yourself goals so you can measure your progress. The goals need to motivate you! Try using a smart watch or a pedometer to measure how many steps you are doing in a day.
- ✓ **At Home** – There is so much you can do without leaving the house. CODE offers three fitness classes a week. These are HIIT – with boxercise elements, Yoga – for a more calming workout and Core – to tighten your core and help with balance and conditioning.

CODE have plenty of ways to help you keep healthy each week...

HIIT – with Boxercise

Online

Every Monday at 6pm

<https://codestudents.co/Fitness>

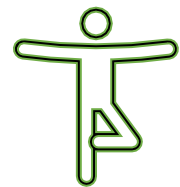


Yoga

Online

Every Tuesday at 6pm

<https://codestudents.co/Fitness>



Core

Online

Every Thursday at 6pm

<https://codestudents.co/Fitness>



Meditation

Online

Every Saturday

<https://codestudents.co/meditate>



CODE Community Support Group
(limited to 15)

Every Wednesday

1pm – 3pm in the Communal Area

<http://codestudents.co/support>

