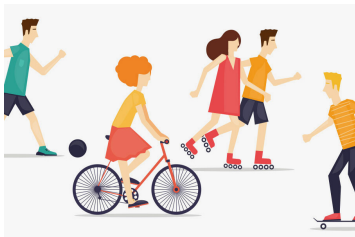


## Mental Health and Well-Being Support with Mr Doyle - Issue 3

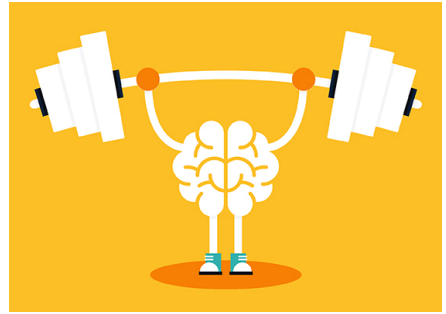
**Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!**

This week our Mental Health and Well-Being focus is on Exercise! The benefits of physical activity are more than muscle-deep. Moving your body builds and conditions your grey matter, making you smarter, happier, and more resilient.



**Exercise** improves **mental health** by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. **Exercise** has also been found to alleviate symptoms such as low self-esteem and social withdrawal.”

Take a look at these two fantastic people for a bit of inspiration. They are taking the opportunity to get some exercise and help others at the same time - that’s two of the **NHS five steps to Well-Being**.



A special Florence Melly Primary School shout out to Captain Tom Moore and Margaret Payne, an inspiration to us all! <http://www.bbc.co.uk/news/uk-scotland-52319318>

Check out these brilliant resources, designed to help support you and your family get a bigger dose of exercise.

### Mr Doyle’s NUMBER ONE EXERCISE TIP - Start off slow!

Maybe start with walking! Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended **150 minutes of weekly exercise**. Walking is sometimes overlooked as a form of exercise but walking briskly can help you build stamina, burn excess calories and make your heart healthier. <https://www.nhs.uk/live-well/exercise/walking-for-health/>

### Do you fancy running a marathon in your living room?

You don't even have to exercise outside, just look at this person for example: [https://www.youtube.com/watch?v=jW1Eurpm\\_PY](https://www.youtube.com/watch?v=jW1Eurpm_PY)

### The Body Coach on YouTube

If you haven't already, pay The Body Coach, Joe Wicks, a visit! He posts new workouts on his Youtube channel each and every week. Also, while the schools are closed, there are daily PE lessons starting at 9:00am! <https://www.youtube.com/thebodycoach>



### Mental Health - Sleep - Exercise - They’re all interlinked!

Look after these aspects of our lives and we'll be on the road to a better us! Check out the benefits exercise has on sleep. <https://thesleepdoctor.com/2017/05/22/benefits-exercise-sleep/>