

If you are shielding, you can now go outside to be active.

Keeping active can help improve your mood, manage stress and is essential for a healthy mind and body.

19 June 2020



Do go for a walk, jog, cycle or wheel.

You can also take part in non-contact activities like golf, outdoor swimming or angling.



Remember to stay at least 2 metres from others.

You can meet people from **one** other household **each day**, but you should stay 2 metres apart. You should not be in a group of more than 8 people.



Choose times and places that will be less busy.

Remember to wash your hands as soon as you get home.

