

Essential Healthy Living Advice for Times of Self Isolation.

Here is Harry of CAMSPORTSPERFORMANCE's advice on being as healthy as possible during the current situation.

Making healthy living choice over the next weeks and months is probably more crucial than ever before, we all need to own our own health.

With that in mind what do we do? Well actually none of the guidelines for healthy living change, but we do need to make the conscious and determined decisions to implement them. Not necessarily easy but definitely necessary.

Guidelines include:

1. Getting or remaining active, adults in England should aim to take part in at least 150 minutes of moderate intensity physical activity each week, in bouts of 10 minutes or more.
2. Adults who sleep less than 6 hours and are exhausted the following day are advised to revise their sleep and lifestyle habits
3. We need to eat a balanced diet that provides us with sufficient Carbohydrates, Fats, Protein Mineral and Vitamins and that meets our calorie needs on a daily basis.
4. Hydration recommendations are that we should typically be drinking 1.2 litre of water (or other fluids) daily. If we exercise for extended periods in a day or the climate is hotter that volume should be increased.

There are other very important aspects of healthy that are not discussed here but are no less important, these aspects cover to a great extent your physical wellbeing.

In no particular order here are some top thoughts on how we do this.

1. Put your 'active wear' on at least 5 days a week
2. Fill up the biggest glass you own with water first thing in the morning, finish it by lunchtime at least
3. Get up and go to bed at the same time everyday
4. Don't take devices to bed
5. Not sure what a balanced diet looks like. Keep it simple, the infographic at this link is still best practice. Take a look - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
6. Think about your standard daily food choices how you could reduce the sugar content of each meal. Don't eliminate just reduce.
7. Eat vegetables with every meal, say you order an Indian Takeaway once a week, order one less side and steam some broccoli in the microwave.
8. Tinned, Frozen, Non Organic vegetables are all vegetables and way better than no vegetables
9. Not sure how to be active whilst stuck indoors, here are some 'fun' examples from my clients

Select 4 of your favourite dance inducing songs turn them up to suitable volume and dance (there 10 + mins of activity).

When all this passes maybe you will want to go on some adventures, most great adventures in my opinion involve Hills/Mountains, put on your back pack and climb your stairs for 20mins.

If you have a garden and want to grow some vegetables (this maybe crucial), get out and dig the soil over. Do 10 mins at a time.

Get on that old Wii Fit but actually go for it don't be the smart one who just shakes the controller.

Additionally:

There are plenty of great and inventive homework outs available on the online, not sure what's applicable to you? Feel free to email the link to me at

Trinity@camsportsperformance.com and I will be happy to share my thoughts and recommendations with you.

Be healthy!