



University of
Reading

SportsPark

Maintaining a healthy body and mind during these unusual times is extremely important. We want to help by providing some simple advice allowing life indoors to be as healthy and productive as possible.

STAY HEALTHY

AT HOME

from the SportsPark



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TIP 1


CREATE ROUTINE

Daily **structure and routine** are vital to ensure this lockdown remains manageable and productive. Try using a **to do list** covering areas such as **work, exercise, meal prep, rest**, etc. This will help structure your day and add purpose while reducing distraction.

Start the day in the right way. Wake up at a time you normally would, get showered, get dressed, get going.

TIP 2

SLEEP WELL



The amount of **sleep** we get each night has a direct link to our cognitive performance.

Lack of sleep or indeed too much can effect energy, mood, attention and disrupt blood sugar levels.

Aim for **7-8 hrs a day** and try to keep sleep patterns consistent.

A close-up photograph of a rack of neckties. The ties are in various colors and patterns, including solid colors like red, green, and white, as well as checkered and striped patterns. They are hanging from a metal rack with silver-colored hooks.

TIP 3

DRESS SENSE

Though it may appear less relevant while working from home, getting dressed properly and ready for work helps concentrate the mind and improves productivity. Staying in your PJ's all day feels lazy and will transmit to your working day. It also doesn't look great on your video meeting.

A photograph showing the lower half of a person walking on a paved path. The person is wearing black leggings and red and white Asics running shoes. The path is surrounded by grass and some fallen leaves.

TIP 4

USE COMMUTE TIME POSITIVELY

Using time normally spent sat in the car, bus or train productively is a real bonus. Why not prepare healthy meals or go for an early morning walk or jog. It's time you're not used to having so use it wisely.

*Always adhere to government guidelines on outdoor exercise

TIP 5

EXERCISE

With the SportsPark closed and our ability to exercise in the way we love temporarily on hold its time to get creative. The benefits of exercise are well documented. These benefits are even more relative now we are staying home and naturally moving less. Exercise will help:

- Mood improvement
- Weight maintenance
- Cognitive performance
- Self esteem
- Mental health
- Productivity
- Boost energy levels
- Support immune system

Vary your workouts. Try something new; maybe some yoga, a bodyweight circuit or a nice evening run. Follow the SportsPark on social media and download our app for free home workouts and helpful videos from the SportsPark Team.

SportsPark (@uorsportspark)

SportsPark app **FREE** for everyone
<https://apps.apple.com/gb/app/sportspark/id914967058>

*Always adhere to government guidelines on outdoor exercise



TIP 6

EAT HEALTHY

Now is the perfect time to benefit from **healthy, nutritious eating**. Take the time to plan your meals in advance. This will help ensure you have the correct ingredients and reduce the chance of making quick, unhealthy decisions.

Increase your fruit and vegetable intake and get creative. Prepare something new, fresh and nutritious now you have the time. Always **Stay hydrated** by drinking **2 litres of water a day**, and try to limit stimulants like high caffeine drinks and alcohol.

Four vital immune system supporting nutrients to include are:

- | | |
|-----------|--|
| Vitamin A | - Sweet potatoes, eggs, orange and yellow vegetables and fruits. |
| Vitamin C | - Berries, tomatoes and peppers, oranges and orange juice. |
| Zinc | - Meat, shellfish, legumes, whole grains. |
| Vitamin D | - Sunshine (get outside), oily fish, eggs fortified products - dairy, soy milk, orange juice, cereals. |

TIP 7

SWITCH OFF

Finally ensure you **switch off** everyday.

Having regular 'you time' is vital for maintaining good mental health and reducing stress.

Interact with friends online, relax, watch tv, meditate, run a bath, etc.

Having something small to look forward to each day will add motivation to work and help the days pass quickly.

