

How I stay fit and healthy during lockdown



Are you getting yourself moving in lockdown?

The lockdown means most of us are spending a lot of time indoors, so that means you've may have had to find creative ways to keep yourself active even while you're at home.

Perhaps you've been getting your sweat on each day exercising along with online fitness coach Joe Wicks, going for daily walks with your family and/or dogs, or having some fun in the garden.

However, Sport England - which provides funding for lots of different sports - revealed that young people's activity levels have actually fallen during the pandemic.

During a meeting of the government's Department for Digital, Culture, Media and Sport (DCMS) committee on Tuesday, key people in the sporting world discussed how sport has been affected by the coronavirus.

How do children's activity levels compare?

Previously, around two-thirds of young people were doing the government's recommended 60 minutes of activity every day.

Physical activity includes things like running, walking, bike riding, swimming, playing sports like football, netball and basketball and even swinging on equipment in playgrounds or parks.

However, during the lockdown period, activity levels have decreased. Now, 44% of children are either doing no activity or less than half an hour each day, Tim Hollingsworth from Sport England told MPs.



Why is physical activity important?

Getting your body moving is a really important factor when it comes to staying healthy. Physical activity is great for:

- Getting your heart pumping and working as well as it can
- Improving the health and strength of your bones
- Helping you to develop new skills
- Improving your confidence

Physical activity for children and young people (5-18 Years)

Benefits:

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- MAINTAINS HEALTHY WEIGHT
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

Activities:

- PLAY
- RUN/WALK
- BIKE
- ACTIVE TRAVEL
- SWIM
- SKATE
- SPORT
- PE
- SKIP
- CLIMB
- WORKOUT
- DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less (LOUNGING)

Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active: www.bit.ly/startactive**

What can people do to stay moving?

People aren't able to play sports with their friends, but lots of you have used the power of the internet to help keep active. This includes online sensation Joe Wicks; his [fun and interactive](#) videos have attracted millions of people right across the world.

There's also six-year-old [Austin from America](#) who's been showing lots of other kids that their time at home doesn't have to be boring!

Dancing is another great way to get moving and it doesn't require a lot of space. Many people have been using their time at home to create dance videos on platforms like Instagram and TikTok.



Helping others while helping yourself.

People have also been getting active to help raise money for charity. From [Captain Tom Moore's incredible fundraising mission](#), to the [2.6 challenge](#) and the BBC's [hike to the moon](#), physical challenges have proven to be a great way to keep people exercising.



What are you doing?

Have you been keeping active? Are you doing an hours activity a day?

If not, what could you do to change this?

If you are, can you think of a way to help others while keeping healthy? This could be by raising money, but also doing jobs to help those around you like walking the dog, dropping off necessary supplies to a neighbour, cleaning, gardening or anything else you can think of.

With the change in lock down rules this week, I'm sure you will find it easier to fit in some activity each day. But remember, this should still only be done with members of your household and you should stay 2 metres away from others you may see out doing their daily activity.

What about the sport I follow?

I'm sure many of you are anxiously awaiting news of your favourite sporting events.

With the rugby season, Wimbledon, The Open and the England Cricket Tour all cancelled, many people are disappointed that they cannot at least back their favourites through the lock down.

The Olympics and Euro 2020 have been postponed, giving us a very hectic 2021, and one of the biggest questions many of you will be asking is how the football season will end!

There will be no football until at least June, if at all. Debates are ongoing on how to end the season. Should it be abandoned entirely? Not a lot of people like this idea, especially the Liverpool and Leeds fans among you! Should it be worked out on an average points per game basis? Should the Premier League be extended to 23 clubs next season? Should they find a way to end the season regardless? What do you think?