



Advice & tips during lockdown

SPORT
LIVERPOOL



**SPORT LIVERPOOL ARE HERE WITH YOU
AND WILL CONTINUE TO PROVIDE ADVICE
AND SUPPORT TO OUR COMMUNITY DURING
THESE DIFFICULT TIMES.**

**WE UNDERSTAND NOW MORE THAN EVER
THE IMPORTANCE OF A HEALTHY MIND &
BODY AND HOPE THESE TIPS HELP YOU,
YOUR FAMILY AND FRIENDS TO STAY
HEALTHY AND SAFE.**

#StayInWorkOut

WELL-BEING



Mindfulness and Meditation

We hope these simple ideas will help you to reduce stress and anxiety during these challenging days!

- Try some breathing exercises - deep breathing can have a profound effect on your state of mind and can also help to reduce symptoms of anxiety.
- Breathing exercises for anxiety have been shown to improve symptoms of depression.
- Long-term shallow breathing can actually keep the body in a cycle of stress, affecting everything from mental to physical health and even susceptibility to illness.

Why learn to meditate?

- Meditation can enhance our focus and decision-making and lessen our feelings of fear and stress.
- Reduction in anxiousness and lower blood pressure.
- Increased immunity and better sleep.

[Try this one minute meditation video from Headspace](#)

More from Headspace

HYDRATION



Hydration

There are so many reasons to keep hydrated, here are a few tips to help increase your intake of fluids.

- Reach for water - the amount of fluids you need depends on many factors such as the weather, exercise and body weight. It is recommended we should all aim to drink at least 6-8 cups of fluids per day, that's around 1.2 litres a day. Make water your main choice, its cost & calorie free!
- Eat hydrating foods - All foods contain some water so which are best? The ones that deliver the most are watermelon, cucumbers & celery. Eating more fruits and vegetables does more than just help hydrate you. You'll also take in more fibre, vitamins, minerals and antioxidants.
- Carry a reusable water bottle with you to keep refilling, many people confuse thirst with hunger so keep sipping throughout the day to reduce any unnecessary calories.
- Drink before, during, and after exercise. When you sweat, that's fluid escaping your body, and you need to replace it. Make sure to drink extra water when you exercise or engage in any activity that exceeds what you typically do every day.

Foods that can keep you hydrated

EXERCISE



Stay active at home

Stay active with us #StayinWorkOut

At this stressful time our bodies are almost certainly running with increased levels of stress hormones namely cortisol and adrenaline, these two hormones cause the physical symptoms of anxiety.

During this time we should be protecting the immune system as much as we can.

A strenuous workout or training too often can cause the number of infection fighting white blood cells to decrease, while in turn increasing the production of cortisol.

When you exercise moderately, these cells increase their numbers and circulate more quickly through your body - so the key is keep you training simple and short!

We will be posting quick workouts that you can do with your family on our social media pages and why not join in our campaign to stay active at home - details below!



Working from home

For many of us this will be the first time we have had to deal with the many challenges working from home can bring, here are some useful tips that may help you be as productive as you can!

- Start the day with 5 minutes of meditation to reduce anxiety and improve your mental health, Try this meditation at any time throughout the day when you need a little time out!
- Act as if you are going out to work - Try to keep to your normal routine as much as possible, set a comfortable work space and get ready to start your day with a clear purpose!
- Be realistic with your to-do list - Accept that you may not achieve the same as you would in your work environment. At the end of every day, write a to-do list and set goals for the next day to keep you focused and to save some time in the mornings.
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- Get some regular exercise - It is important to take some time away from your work, take a look at our social media pages for some ideas or why not try one of our Les Mills on demand classes [here](#).

Try some breathing exercises - We are all working under extremely unusual circumstances, breathing exercises can help with anxiety and relieve stress so use [this technique](#) if you feel you need to reduce any symptoms of anxiety.

NUTRITION



Immune boosting foods

Nutrition - What should you be doing?

We will be posting simple recipe ideas on our social media pages that will hopefully give you some inspiration for healthy food choices, for now here are some tips to get started.

- Try to consider your immunity and health needs over your weight right now, It is important to eat healthy, balanced meals that can boost your immune system and keep your body functioning as well as it can during this time.
- Try to set a routine and stick to it, plan your meals as much as possible and aim to eat at set times to avoid reaching for unhealthy snacks!
- No take-away? Then try to get creative with your cooking and involve the whole family in some new meal ideas - Try some of these take away ideas at home from BBC good food
- Bring a little mindfulness in to your cooking - It can often seem like a chore to prepare your meals, especially with all the added time we are currently facing at home. Headspace are offering mindfulness cooking meditations, here is some more information!

SLEEP HABITS



More tips

How to improve your sleep habits during lockdown

Environment

- A quiet space, use earplugs and eye covers if needed.
- A dark room with very little to no light source.
- A cool room, check the mental health websites below for tips.
- A room without a clock, turn your clock away from you, no clock watching.

Routine and Lifestyle

- Avoid caffeine up to 4 to 6 hours before bedtime.
- Implement a wind-down routine.
- Perform a short stretching routine and some meditation exercises.
- Unplug your devices and stay off screens for at least one hour before bedtime.
- Read a book.
- Reduce alcohol intake.
- Maintain a sleep schedule, difficult for some types of workers but try your best.
- Get daily sunshine and fresh air, the sunshine may be a touch difficult for us in the UK but the fresh air we can definitely get and it's also State approved by our Prime Minister.

We hope all of our members are staying safe and well during these unprecedented times. We will continue to send information and tips on how to stay healthy during this period. If you require any further information, please contact us at sfc@liv.ac.uk

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