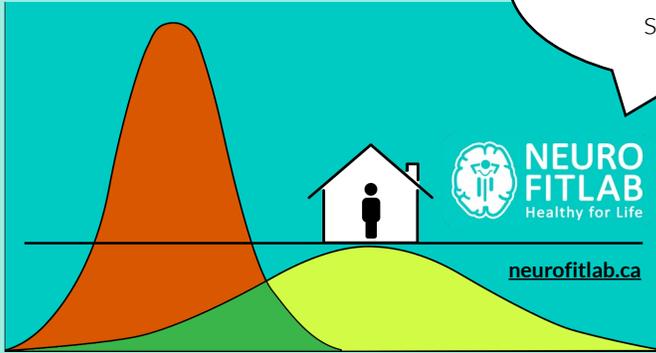


Toolkit

Providing you with **evidence-based solutions**



We are here to help.

We've identified **4** factors negatively impacting your health that have worsened since the onset of the pandemic & we have solutions.

- 1** | **Sitting more**
- 2** | **lack of motivation**
- 3** | **increased stress & anxiety**
- 4** | **lack of facilities or equipment**

Exercising less due to:

We've listened to your struggles during the pandemic.

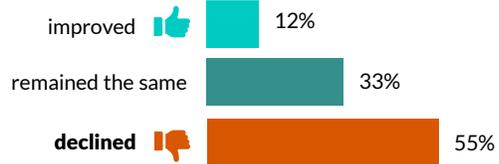
You are not alone.

People reported **sitting** an average of: **↑ 30 min more /day**



People reported **exercising ~1 hour less /week**

"During the pandemic, my **mental health** has:"



More than half of respondents reported **worse** mental health since the onset of the pandemic.

Problem



Over half of respondents reported sitting **>6hrs/day** since the onset of the pandemic. This is up nearly **20%** since the pandemic.

Being too sedentary makes it **harder to focus & to switch between tasks.** It also **reduces your physical health.**

Solution



Research supports the use of **10-minute exercise breaks** to disrupt sedentary time to help your mind stay sharp.



Short bursts of physical activity increase adrenaline to activate the front part of the brain to help you focus.



Active respondents in our survey were better able to ignore distractions and stay focussed during the pandemic than sedentary respondents.

After an hour of sitting, get up and move for 10 minutes.



Problem



2

"I don't feel motivated to exercise under these circumstances."



Nearly **half of all** respondents were not motivated to exercise during the pandemic.

Respondents also reported a shift in their motivation. More were motivated to **feel good** rather than to **look good**.

3

"I feel too anxious to engage in physical activity."



Over 50% of respondents reported a worsening of their mental health because of the pandemic.

1 in 4 reported being too anxious to exercise.

4

"I don't have access to the facilities or equipment for recreational exercise."



Nearly **half of all** respondents did not have enough space or equipment to exercise during the pandemic.

Solution



Schedule your activity and plan ahead. Research shows that **reducing the number of decisions you make just before exercising** prevents mental fatigue that can exhaust you before you get started.



Dopamine activates the reward system making exercise more enjoyable and less mentally exhausting. Exercise boosts dopamine but you can boost it even more with these activities:



Engage in an activity that you personally enjoy.



Listen to your favourite music with a beat in time with the activity. This boosts dopamine and reduces the mental work needed to do the activity.



Workout with a friend. Social engagement boosts dopamine. Research shows that a **CyberBuddy is better than no buddy at all**. If social distancing measures must be followed, try meeting with your workout partner over video chat.



Exercise is a **great way to reduce anxiety**, but requires a lower intensity approach.



Opt to walk rather than run.



Workout at an intensity where you're able to keep a conversation with someone.



Body-weight exercises offer comparable **benefits to traditional strength workouts**.



Strength training benefits brain health by improving **self-control and mental flexibility**.



Be creative! Use weighted items found around your home and increase the number of repetitions you would normally complete.



Opt to exercise outdoors in nature. Research shows that between 5 and 30 minutes of "Green Exercise" can **drastically improve your mood and self-esteem**.