



Wellbeing Newsletter

MAY: EXERCISE & RELAX



Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is exercise and relaxation and the importance of both.

People are less active nowadays, partly because technology has made our lives easier. We drive cars, appliances make our lives easier and we entertain ourselves in front of a TV or computer screen and this means less moving. Fewer people are doing manual work, and most of us have jobs that involve little physical effort. Work, household chores, shopping and other necessary activities are far less demanding than for previous generations.

We move around less and burn off less energy than people used to. Research suggests that many adults spend more than 7 hours a day sitting down, at work, on transport or in their leisure time. Inactivity is described by the Department of Health and Social Care as a "silent killer". Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for your health.

EXERCISE

Strengthening activity. These kinds of activities improve your muscle strength, bone and joint health, and balance. Yoga, Pilates, using weights at the gym, and carrying heavy bags (such as your shopping) are all strengthening activities.

Cardiovascular activity. This is sometimes called aerobic activity. These kinds of activities make you breathe harder and faster, and make your heart and muscles work harder. Cardiovascular activities include swimming, brisk walking, cycling, and playing a sport.

Reducing sedentary time. This means sitting down less. If you're spending a long time working at a desk, for example, it's a good idea to get up regularly and do some activity.

RELAXATION

Practicing 'relaxation' is SO IMPORTANT to managing stress. When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Relaxation slows our heart rate, reduces our blood pressure and relieves tension. It also aids digestion as we absorb essential nutrients more efficiently when relaxed, which helps to fight off disease and infection.

Meditation is a great practice to try. 5 minutes a day can make such a difference. Try to clear your head and be in the present.

Quote of the month:

"Exercise is the most potent and underrated antidepressant." -Bill Phillips.

Book recommendations:

Children: Up and Down by Oliver Jeffers

Adults: And Breathe with Rebecca Dennis- this month's recommendation is a podcast