

Hi Everyone,

We hope you are keeping well!

Thank you to everyone who has shared ideas and suggestions, it's greatly appreciated :)

We are hearing from people all over the world on how they are coping with the current situation- we would love to hear a local perspective. If you are happy to share what works for you, be it crosswords, reading or your love of walking, we would love to hear from you. Please see attached a suggested Active Coping Calendar for April 2020.

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

### **[Stay calm, be active: simple ways to boost your physical activity during COVID-19](#)**

Understanding how to build some physical activity into your new stay-at-home reality can help keep you healthy, calm, and connected. The benefits of physical activity for health are well known and emphasised in the 2019 UK physical activity guidelines

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf)

<https://blogs.bmj.com/bjbm/2020/03/30/stay-calm-be-active-simple-ways-to-boost-your-physical-activity-during-covid-19/>

### **[Glasgow Club](#)**

To support everyone whilst the gyms are closed, Glasgow Club have added lots of free advice and classes to their website to help keep your mind and body healthy. There is something for all ages and abilities from Yoga and Pilates to Les Mills classes and family activities.

visit <https://glasgowclub.org/> or their facebook page <https://www.facebook.com/GlasgowClub/>

### **[Scottish Ballet digital classes](#)**

In times such as these, it is even more important than usual to extend a hand to the community around us and find ways to share experiences and spark joy. In a regular week at Scottish Ballet, the Dance Health [ <https://www.scottishballet.co.uk/join-in/dance-health-wellbeing> ] department run several classes for people living with Parkinson's, Multiple Sclerosis, and dementia, as well as Regenerate classes for people aged over 60 to exercise body and mind, and build strength, technique and creative movement.

From Monday to Friday, they are inviting everyone to join them on Facebook Live to dance together! Don't worry if you can't make the live stream, all classes will be available on Facebook to catch-up. [https://www.scottishballet.co.uk/\[https://www.scottishballet.co.uk/](https://www.scottishballet.co.uk/[https://www.scottishballet.co.uk/)

### **[Recommended reads for the week!!](#)**

Access thousands of FREE eBooks, eMagazines, eAudiobooks, eMusic and eResources from Glasgow Libraries! You can get more info and join at <https://www.glasgowlife.org.uk/libraries/online-library>

### **[One step Beyond \(Chris Moon\)](#)**

One Step Beyond is Chris Moon's story so far. He has led a life of remarkable experiences, from being one of the few people to survive kidnap by the Khmer Rouge, to running the final stage of the Olympic torch relay to Nagano for the opening of the 18th Winter Olympics in 1998.

### If you could see me now (Cecelia Adhern)

What if love was right there in front of you – you just couldn't see it?

Elizabeth Egan is too busy for friends. As a reluctant mother to her sister Saoirse's young son Luke and with her own business to run, every precious moment is made to count.

But with Saoirse crashing in and out of their lives, leaving both her sister and her son reeling, Luke and Elizabeth are desperately in need of some magic.

### **Ted Talk of the week!**

Wendy Suzuki- The brain changing benefits of exercise?

What's the most transformative thing that you can do for your brain today? Exercise! says neuroscientist Wendy Suzuki. Suzuki discusses the science of how working out boosts your mood and memory -- and protects your brain against neurodegenerative diseases like

Alzheimer's. [https://www.ted.com/talks/wendy\\_suzuki\\_the\\_brain\\_changing\\_benefits\\_of\\_exercise?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

### **Creative Ideas to Help You Bond as a Family Right Now**

Social distancing can be challenging and isolating, but being home with family can also be a meaningful way to deepen connections and spend quality time together. For a whole host of ideas please follow link below. From card games to indoor sports, there's something for everyone. <https://thriveglobal.com/stories/how-to-bond-with-family-home-meaningful-activities-tips/>

### **It's all About the Walking!!!**

Not that we need convincing, but we thought worth sharing that even in Washington, teenagers are experiencing the benefits of walking. In a bid to reduce anxiety they are taking to the streets with no phone and walking at least 30 minutes. Who knows we may attract a whole new audience on our return. Click on link to read the full article.

[https://www.washingtonpost.com/local/education/teens-are-discovering-a-cure-for-coronavirus-anxiety-walks-no-phones-allowed/2020/03/26/ca2e36ba-6c40-11ea-aa80-c2470c6b2034\\_story.html](https://www.washingtonpost.com/local/education/teens-are-discovering-a-cure-for-coronavirus-anxiety-walks-no-phones-allowed/2020/03/26/ca2e36ba-6c40-11ea-aa80-c2470c6b2034_story.html)

### **The Arts can Come to You!**

We can't go to the theatre or concert halls just now - however, the Arts can come to you for free!

#### Royal Scottish National Orchestra Concerts

The RSNO are holding weekly concerts, every Friday on YouTube. Here is the link for anyone interested.

<https://www.rsno.org.uk/royal-scottish-national-orchestra-launches-rsnofridaynightclub/>

#### Andrew Lloyd Webber Musical Theatre Streaming

Andrew Lloyd Webber will stream a production of one of his musicals for free on YouTube each week. This week is 'Joseph and his Amazing Technicolour Dreamcoat' starring Donny Osmond and Joan Collins. They will be available at <https://www.youtube.com/theshowsmustgoon> from Friday at 7pm for 48hrs

#### The Royal Opera House

<https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>

#### The National Theatre

Every Thursday the theatre will stream a show from its archives and leave it on YouTube to watch for free for 7 days.

[https://www.nationaltheatre.org.uk/nt-at-home?queueittoken=e\\_safetyevent2apr20~q\\_c3cd5450-7f01-43be-a8d5-63ad2771821d~ts\\_1585911200~ce\\_true~rt\\_safetynet~h\\_17821e9d71972e70726811b82fd675e94777c7adc5b305d2a2ff4083ed27fe99](https://www.nationaltheatre.org.uk/nt-at-home?queueittoken=e_safetyevent2apr20~q_c3cd5450-7f01-43be-a8d5-63ad2771821d~ts_1585911200~ce_true~rt_safetynet~h_17821e9d71972e70726811b82fd675e94777c7adc5b305d2a2ff4083ed27fe99)

### **Good Move Website**

We have updated our website with lots of ideas of how to stay active in the home with links to chair based exercises, yoga and pilates as well as Joe Wicks, the Body Coach, 'Senior Workouts' . visit [www.goodmoveglasgow.com](http://www.goodmoveglasgow.com)

### **Good Move Facebook Page**

Keep connected with our Facebook page where we are regularly sharing hints and tips to improve health and wellbeing for all ages. [www.facebook.com/goodmoveglasgow](https://www.facebook.com/goodmoveglasgow)

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry