

Hi Everyone

We hope you are keeping well and managing to find ways of keeping busy, active and healthy.

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

Ramblers Scotland Medal Routes?

If you're planning on heading out for a walk for your daily bout of outdoor activity, why not check out one of [Ramblers Scotland](#) Medal Routes? These are free downloadable maps for short, fun circular walks of 15, 30 or 60 minutes. There are 32 medal routes across Glasgow so there is likely to be one near you!

Please only do these walks if you live locally and adhere to Government social distancing guidelines at all times - <https://bit.ly/3ciGnNp>

Get FREE route maps for all routes here: <http://ramblers.org.uk/medalroutes>

Easy Exercise with Jo

If you're missing our Vitality classes, or just looking for some low-impact easy exercise activity perfect for beginners, then Good Mover Joanne brings you 45-minutes of activity which can be done at home.

There are options for all levels of experience, and this new session can be done seated in a chair or with a chair to help provide support, or standing. The choice is yours!

This and plenty more content suitable for all ages and abilities can be found on the [Glasgow Club](#) app and website. Be sure to share your workout photos with the hashtag #GlasgowClubTogether

<https://youtu.be/BTD-9SbNCBI>

Strength and Balance DVD's

We know there are lots of amazing things happening online; from online dance classes, to yoga and PE lessons- however we also know that not everyone can access or would choose this method of technology to maintain activity during lockdown. Therefore we would like to remind you that paths for all have strength and balance DVD's available, if you would like to order one for yourself or someone you know then please get in touch and we can sort everything this end.

Why Small Acts of Kindness Matter Now More Than Ever

7 ways to make someone's day 😊

Wherever you live, you may have noticed people in your community, city being a bit more thoughtful, a little more kind. One of the upsides of this global crisis is that even though we

are following [physical distancing](#) mandates, a sense of [community](#) and caring is taking hold. Giving to others answers our need for human connection — and it's a [powerful form of self-care](#) as well. To read the full article please follow link:
https://thriveglobal.com/stories/kindness-coronavirus-community-connection-happiness/?utm_content=bufferb94de&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

New National Helpline

A new national helpline has been launched to help vulnerable people at high risk of contracting Covid-19 who don't have a support network.

Over-70s, disabled people, people who use mental health services, pregnant women and those who receive the flu jab are all encouraged to use the service if they do not have family or community support and are unable to get online.

The helpline, available on 0800 111 4000, will initially be open from 9am to 5pm daily, with plans in place to extend these hours in the coming weeks.

http://thirdforcenews.org.uk/tfn-news/helpline-to-support-those-most-at-risk-from-covid-19?utm_medium=email&utm_campaign=TFN%20digest%20Tuesday%2014%20April%202020&utm_content=TFN%20digest%20Tuesday%2014%20April%202020+CID_eef4a5f50185f98add44ee4ac622f2cf&utm_source=Email%20marketing%20software&utm_term=Helpline%20to%20support%20those%20most%20at%20risk%20from%20Covid-19

How to stay Hydrated during lockdown

Nearly 75 percent of people are concerned about being able to maintain existing healthy routines amid the pandemic, Fortunately, there are ways to modify our “new normal” lifestyles to make space for both our previously existing, and even new, healthy habits. To read the full article for hints and tips- please follow link.

https://thriveglobal.com/stories/hydrated-working-from-home-drink-more-water/?utm_content=buffer2ac0f&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer

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>

Becoming (Michelle Obama)

Former first lady Michelle Obama's memoir isn't just a book — [it's a phenomenon](#). This conversational, close-to-the-heart read chronicles the experiences — both public and private — that have shaped her into the woman of incomparable "soul and substance" that she is today. We can't help but feel uplifted by her incredible journey.

A Man Called Ove (Fredrik Backman)

This endearing feel-good book is another one that we recommend adding to your reading queue.

It's told from the perspective of Ove, a cranky curmudgeon who shuns social invitations and has endless complaints about the world, though his cranky exterior is only a facade to hide his true feelings of sadness and loss. Ove is gradually warmed over time through an unlikely friendship forged with his neighbours.

The Little Book of Hygge: Danish Secrets to Happy Living (Meik Wiking)

Practicing *hygge*, the Danish art of convivial coziness, can provide some comfort to those who tend to self-isolate, [especially during the darker months](#). *The Little Book of Hygge* breaks down this uniquely Scandinavian concept into bite-sized ideas on how to revel in the simple joys of life, share your space, and create deeper bonds with those around you.

Ted talk of the week

Jane Fonda- Life's third act

Within this generation, an extra 30 years have been added to our life expectancy -- and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.

https://www.ted.com/talks/jane_fonda_life_s_third_act?language=en

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

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

Keep healthy and stay safe

Best Wishes

Heather, Michelle & Barry