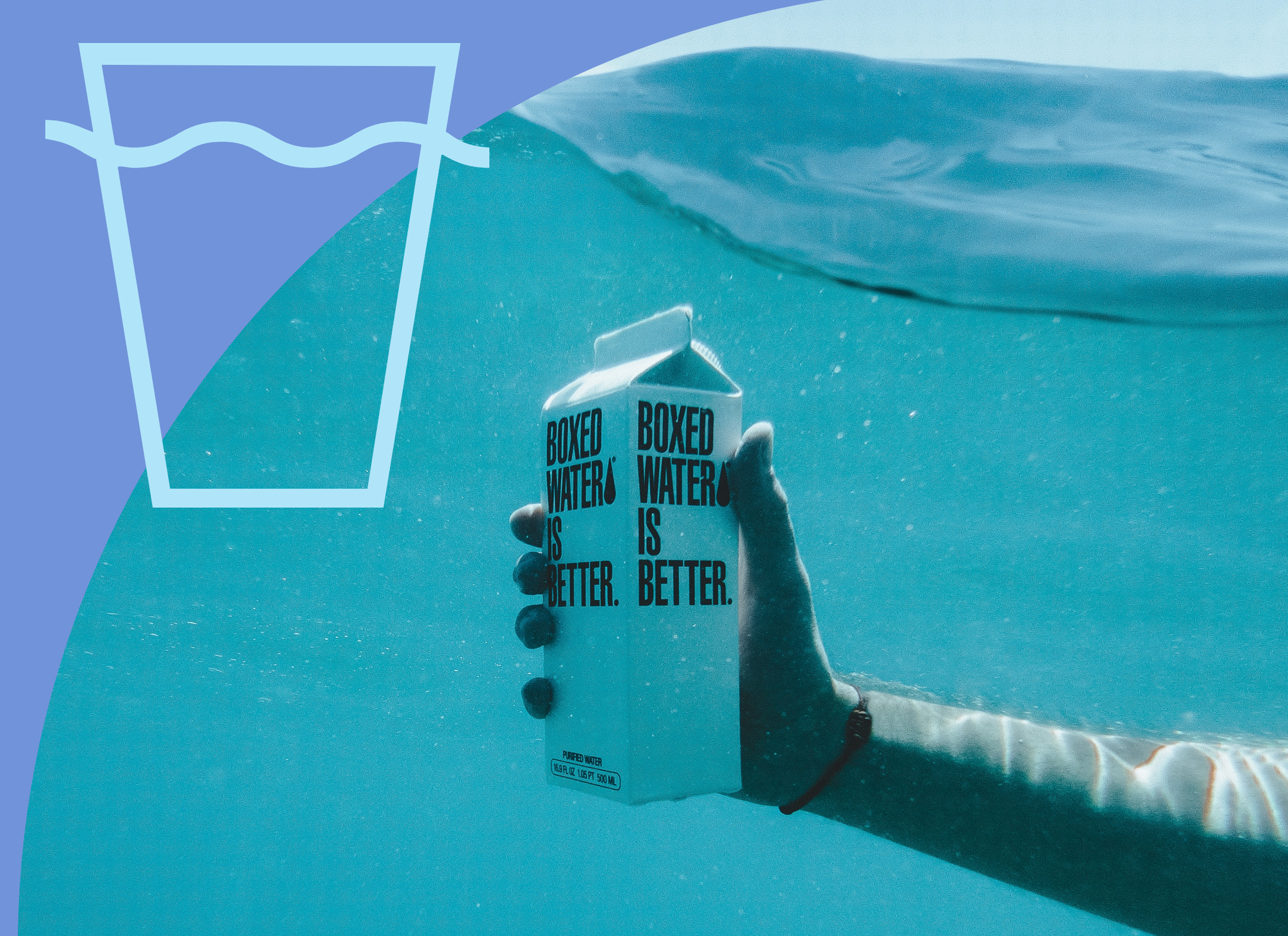


# LOCKDOWN TIPS

Living through lockdown is different for everyone. People live in all different types of homes, they have families of different shapes and sizes and they have varying living conditions. Below we have listed 8 tips to keep everyone at King's healthy and happy over the next 6 weeks.

## 1 drink water

Your body needs water or other fluids to work properly. Among other things water can help you avoid dehydration, reduce fatigue, help avoid short term memory loss, help clear your skin. We recommend you drink 6-8 glasses of water a day. Sugary / fizzy drinks **do not** count towards your water intake!



## 2 sleep well

A good night's sleep has so many great health implications. It will improve your productivity and concentration along with helping your mental health. It improves your social and emotional intelligence along with greater athletic performance! We recommend you should get at least 8-10 hours of sleep.

## 3 exercise

The expectation at King's is that you should be doing a form of exercise every day! We will be emailing you with challenges and ways of recording your exercise so we can help you stay active during lockdown. Please keep an eye on your emails!



## 4 meditate

Meditation is a powerful and natural treatment for anyone who may feel low or anxious during this time. It promotes emotional health, self awareness and has proven to improve your attention span. Follow this small guide on simple meditation. You should find this relaxes you.

1. Sit or lie comfortably.
2. Close your eyes.
3. Make no effort to control the breath; simply breathe naturally.
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation.

## 5 eat healthy

Eating well is fundamental to good health and well-being. Healthy eating helps us to maintain a healthy weight and helps us fight illness. Try to follow these 4 guidelines.

1. Eating lots of vegetables and fruit. This is one of the most important diet habits.
2. Choosing whole grain foods.
3. Eating protein foods.
4. Limit processed foods.



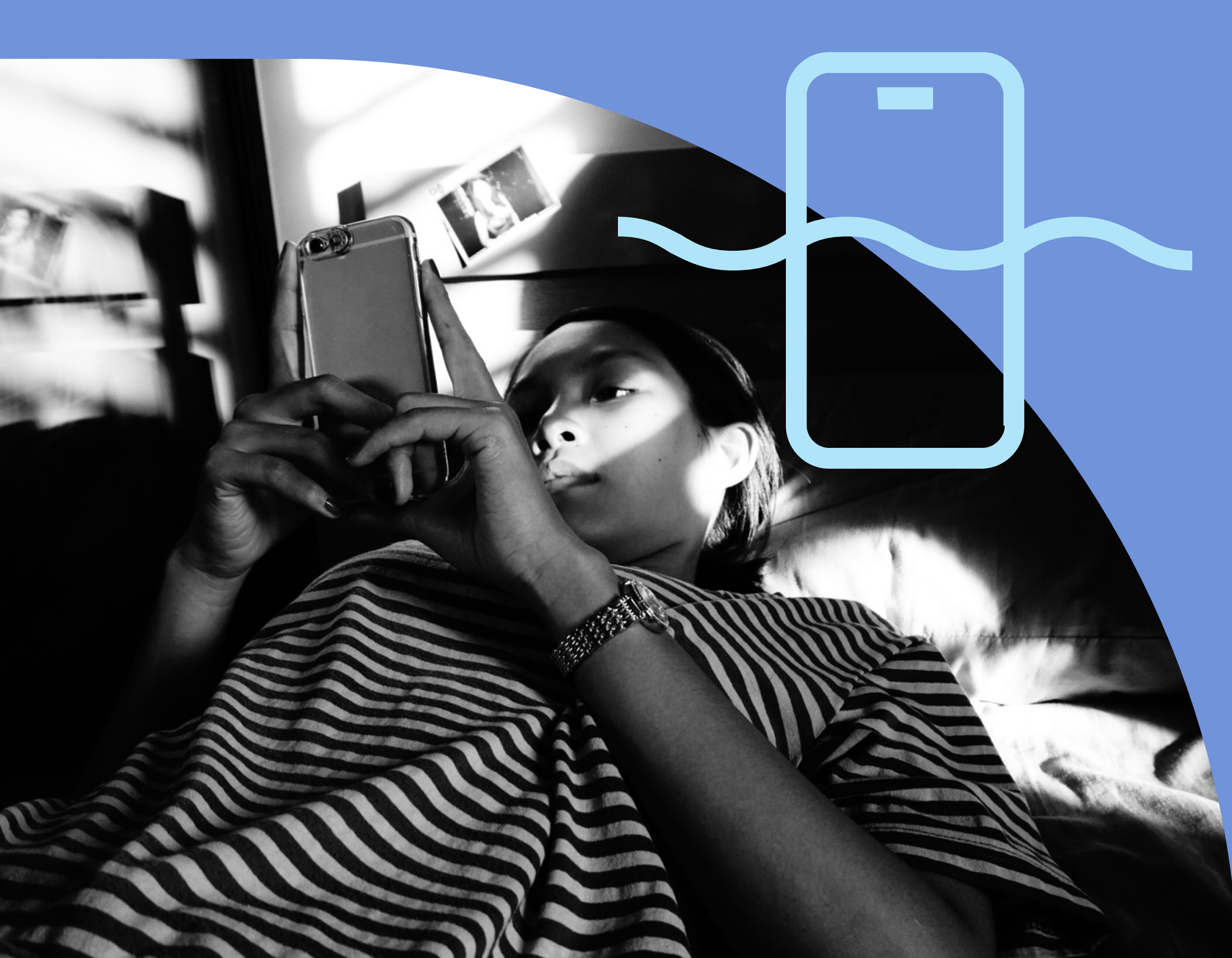
## 6 walk more

Walk to the shop, take the dog out or just walk around your area, obviously where it is safe to do so! No one ever gets back from a walk and regrets it!

The House Steps Challenge launching on January 18th will encourage you to walk and earn points for your House!

## 7 meals

Before you log on for registration at 9am. You should be ready changed and have eaten your first meal of the day. Eating fewer than **three** times a day puts you at risk of overeating and choosing less healthy foods. Try to choose three well rounded meals.



## 8 no phone before bed

The blue light emitted by your mobile phone screen restrains the production of melatonin, the hormone that controls your sleep-wake cycle. This makes it even more difficult to fall asleep and wake up the next day. Studies also show that exposure to blue light can cause damage to your retinas.