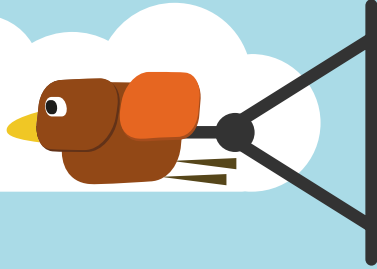


Let's reset

Since March, let's face it, things have really changed for our work patterns in Wokingham Borough and we wanted to share three reasons to stay healthy and active during the working day.



"Wokingham Borough residents walk and cycle because they want to be fitter, happier and healthier."

Wokingham Borough Council asked residents in May 2020 about their activity habits during the Covid-19 lockdown. **73% of residents reported doing more walking and 58% doing more cycling.** You said it got you outside, made you fitter and most important of all happier.

50% of trips in lockdown were over 60 minutes. Can you consider how to stay with those activity levels during the working week by either continuing to walk and cycle during the day or using your journey to and from work?

Here are three good reasons to try to get moving during the working week:

1. Mood-boosting

People with high levels of regular physical activity have been shown to have higher levels of positive emotions. Results suggested that low intensity aerobic exercise (i.e. walking or cycling), for 30–35 min on 3–5 days per week was best.



2. Tackles major health issues including Covid-19

Over 1 in 3 men and almost half of women are not active enough for good health, because they are doing less than 150 minutes of moderate exercise each week. We know that people living with obesity are twice as likely to be hospitalised with Covid-19. Being active actually combats disease as it boosts the body's 'natural killer cells'.

3. Regular exercise outside is best of all

Moving is even better outside. Local GP Dr William Bird MBE explains: "Humans are designed to move. Our bodies are meant to be active and we are designed to be connected to nature. As we move into autumn we want to get our immune system fighting fit to tackle poor health including Coronavirus. Evidence shows that being active boosts your immune system for up to 6 hours so regular bouts of 10 or 20 minute exercise really do help. I often cycle to work in Wokingham to get my activity in and can feel the benefit."

