The **West of England Sport Trust (Wesport)** are pleased to be the official sport and physical activity contributor to the Bristol Mind – Mental Health and Wellbeing Newsletter. [www.wesport.org.uk/activeworkplaces](http://www.wesport.org.uk/activeworkplaces)

Keeping Active While Working from Home

Many of us are currently working from home, meaning we are spending most of our time sat staring at a screen. As we head into winter, the days are getting shorter and the weather is only getting worse, making it even more difficult for us to exercise regularly.

However, this does not need to be such a challenge, as there are plenty of little things you can do to keep yourself active while working from home, which could also boost your mental wellbeing.

Here are a few tips and tricks we like to use to keep active, but you can get creative and come up with your own ideas!

* **Stand up and stretch while at your desk** – take phone calls standing up, do some heel raises.
* **Go for a walk at lunch time –** getting some fresh air will do wonders, no matter what the weather!
* **Start your day with a short exercise routine** - there are plenty of 15-20-minute videos online. Click [here](https://www.sportengland.org/jointhemovement) for inspiration.

If you would like more information on how physical activity can help look after your mental health in the workplace, then why not arrange a Physical Activity for Good Mental Health webinar: Click [here](https://www.wesport.org.uk/active-workplaces/aws/physical-activity-for-good-mental-health/) for more information.