

## **TIPS TO MAINTAIN HEALTH & PHYSICAL FITNESS**

**Here are few things you can do every day to maintain your physical fitness and health**

*(Some of these guidelines do not apply to those who are in quarantine/observation as they are not allowed to step out of their room/home)*

- ❖ **Maintain hygiene:** Even if you are doing activities at your home, you still need to observe the same kind of hygiene practices that health officials are advising. You should wash your hands carefully and try not to touch your face. Please clean all frequently touched places such as door handle and other surfaces with soap and water or any household cleaner.
  
- ❖ **Get your heart rate up, multiple times a day :** Avoid sitting for too long in the same position. “Stairs can be your cardiovascular best friend,” If you have access to stairs in your office, home, apartment or hostel, going up and down those stairs without touching side railing is a great way to get your blood pumping.
  
- ❖ **Get out and walk, as govt of Himachal has also allowed for morning walk activity:** Now state govt has allowed to move out for morning walk or Jogging. Therefore , getting outside for a walk is good. Gardening and yard work can be other options. Working out contributes to good health, which in turn helps us maintain sturdy immune systems. Exercise is well known for its mood-boosting abilities and help to provide sound sleep. The fresh air and sunshine will benefit your mental health as well.
  
- ❖ **Practice other relaxing techniques such as yoga and meditation.**
  
  
- ❖ **Other tips:**
  - Eat healthy to boost your immunity
  - Limit intake of sugary drinks.
  - Avoid smoking as it aggravates the respiratory problems. Remember that the Corona virus infects the respiratory system primarily.
  - Get your mind off the crisis.
  - Maintain a good air circulation in your room.
  - Try to restrict your visit to health centre for minor problems, rather you can take advise via phone from health official.