



Quality in Life

Health and Well-Being Newsletter



Issue 1, June 2020

Welcome to the Garvald Edinburgh Health and Well-Being Newsletter!



In this newsletter we will be sharing tips on staying well and healthy both during the Corona Virus lockdown and afterwards.

We will be looking at things like:

How well we sleep



The food we eat



Keeping Active



Getting well when ill



And much, much more!

In this issue we will look at how we can

keep active !

Moving our body is important. It helps us stay well, keep fit and feel good about ourselves.

During the lockdown many places are closed. This means we can't go for a swim, go to fitness or dance classes or meet others to exercise. It will take a while for things to get back to normal.

But there are ways we can stay active and keep moving in our own homes.



Take an extra trip
up the stairs



Do the cleaning



Hang up and
fold laundry



Get gardening



Do the cooking



Make your own
cup of tea



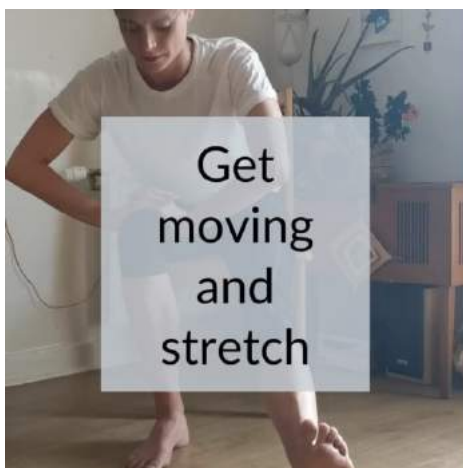
Put on some music
and dance



Get up and stretch

Remember to get the support you need to do the different activities.

To see how you can do stretches, you can look at the videos on the Garvald website. Gillian has made one with sitting movements and stretches and Saraphir made one with shoulder and neck stretches to release stress.



Saraphir has some slots for Zoom Eurythmy sessions. If you have done Eurythmy with Saraphir before and would like a Eurythmy session, you can ask your key worker.

Going for daily walks is also allowed and important for getting fresh air and natural sunlight.

Maybe you can think of other ways you can move your body and keep active? You can see other ideas on the word search games at the back of the newsletter.



Quick Quiz:

Which of these is **not** a way of keeping active?

1. swimming
2. gardening
3. watching TV
4. walking

In this time of Corona Virus it is even more important than usual to wash your hands really thoroughly.



Avoid touching your face and cough or sneeze into your elbow or use a tissue to cover your mouth.



The social or physical distancing guidelines are to keep 2 metres distance from people outside your household.

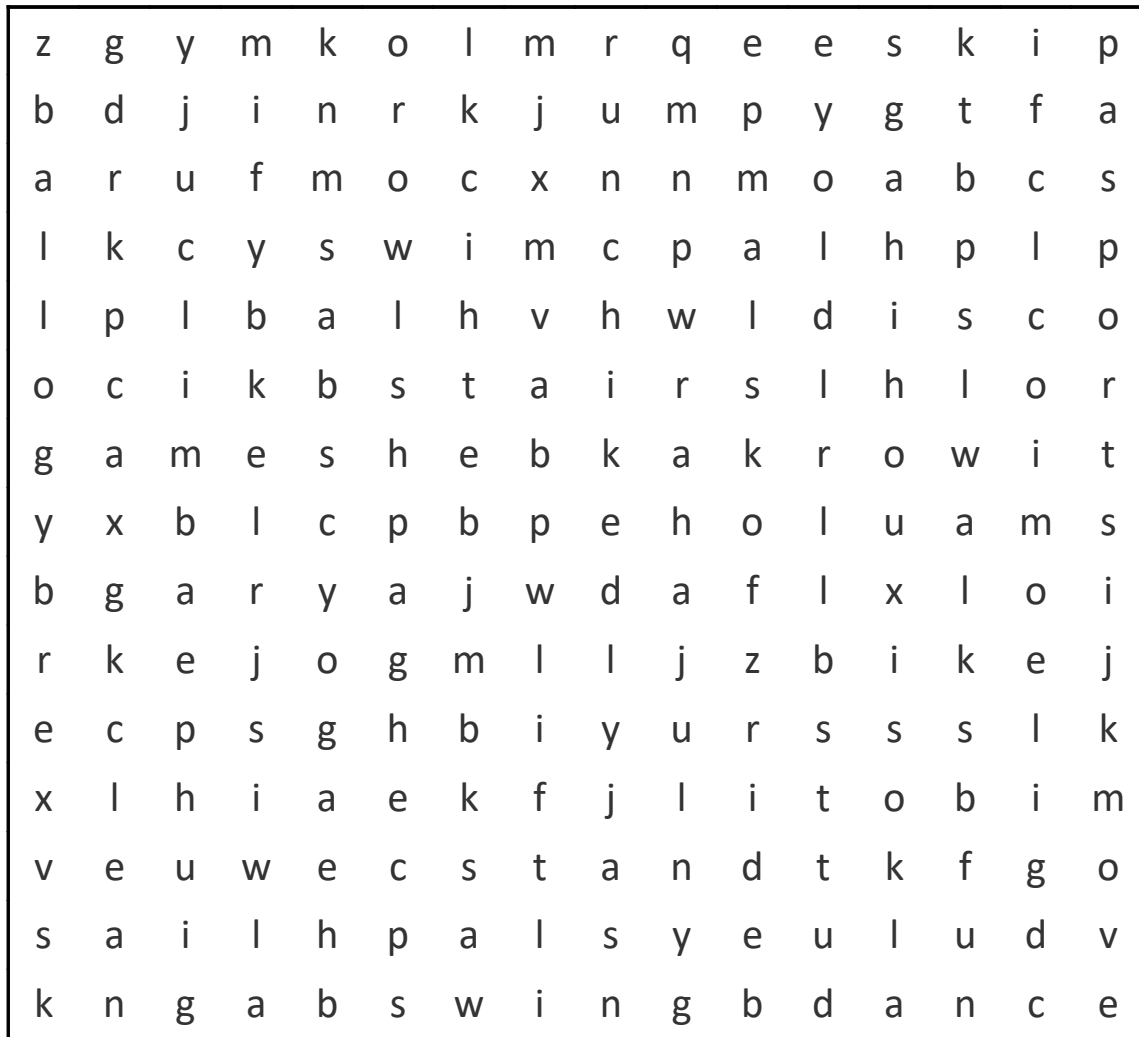


That is about the length of a normal car.

Remember to stay at home and get medical advice if you get a temperature and a new persistent cough.



Keeping Active Word Search



See if you can find the following words:

Ball

Bike

Clean

Climb

Dance

Disco

Fun

Games

Gym

Hike

Jog

Jump

Lift

Move

Row

Sail

Skip

Sports

Stairs

Stand

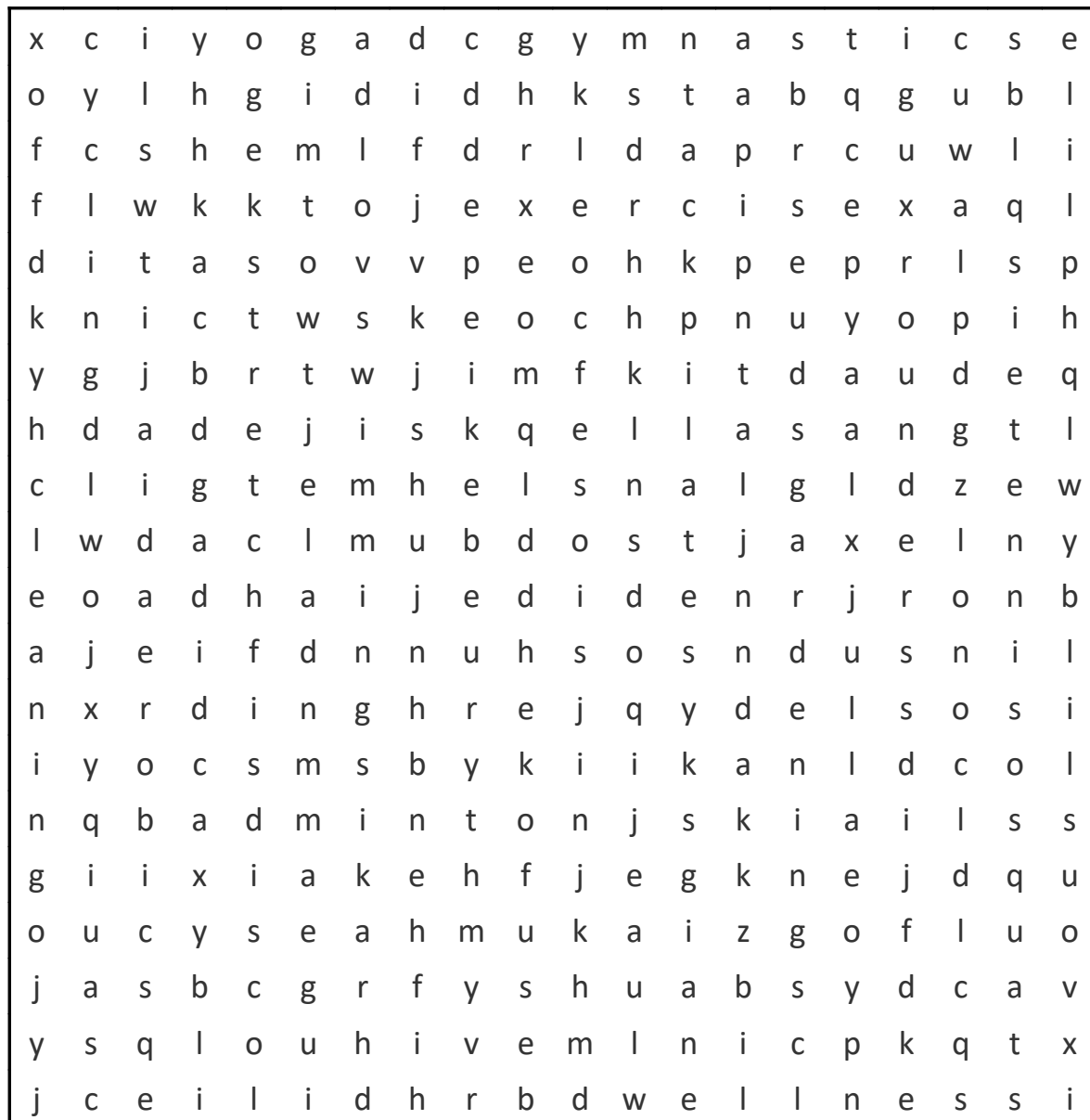
Swim

Swing

Walk

Yoga

Keeping Active Word Search - Hard



See if you can find the following words:

Aerobics

Badminton

Biodanza

Ceilidh

Cleaning

Cycling

Disco

Eurythmy

Exercise

Football

Gardening

Gymnastics

Movement

Pilates

Rounders

Squash

Squats

Stretch

Swimming

Tennis

Wellness

Yoga

The next issue of the newsletter will be out in the beginning of July. If you send your photos of how you have kept active during the lock down we will put some of them in the next newsletter. You can send them to either Sarah or Saraphir on:

saraphirqaa-rishi@garvaldedinburgh.org.uk

sarahworsley@garvaldedinburgh.org.uk

We hope you all stay well and keep safe till we all can meet again!



Saraphir Qaa-Rishi:
Eurythmist



Sarah Worsley: Assistant
Manager Orwell Arts