



VIRUS



STRESS



FAMILY



FINANCE



HEALTH

LIVING IN THE NEW WORLD

DEVELOPING DIFFERENT BEHAVIOURS



TRAINER MAGAZINE

WELCOME



EXERCISE

I have been asked by a number of people for some suggestions on how to keep a positive approach during these challenging days.

One of the very few advantages of getting on in years is that you find yourself able to focus on the positive aspects of a crisis, simply because you know we will come through what currently seems like a terrifying situation. My small magazine simply offers methods and suggestions that may be useful to get you through those days when you are struggling to cope.



Stephen Green

We are all aware of the benefits of regular exercise. Currently we are still allowed out so the park provides a safe and healthy environment as it's possible to keep your distance from others.

Walking provides some of the best benefits to all ages. Choosing a route that takes in plenty of greenery and spring colour will provide a lift both physically and mentally. Fresh air and sunlight are great medicine for all of us.



The biggest difference between this and previous situations is that we are bombarded by news and information every waking moment. As with physical exercise, both rest and recovery form part of the coping process. A strategy that I have found effective is switch off slots. The act of not updating yourself constantly gives time for you to process well researched information and keep it in perspective. Escape with a good book in a quiet setting one hour before bed. Don't leave your phone by your bed.



Working with what's available can be seen as either a stressful nightmare or a culinary journey. The more exotic foods that we have all become used to will no longer be so available. Local foods will become the norm and the process of cooking simple meals will take thought and research in order to keep our immune systems at their best. Again a positive mindset that rises to the challenge rather than focusing on what is not in the shops will help us all.

Stockpiling creates a siege mentality which raises stress levels



TIME



Making productive use of our time could be one of the biggest challenges. It now seems inevitable that families will be staying in for a period of time. Routines and planned activities are a great way to maintain a harmonious household, keep stress levels low and engage in activities that enhance physical and mental well being. An agreed family plan at the start or end of the day for the coming twenty four hours will help to maintain focus.



WELLBEING



Maintenance of health and physical and mental wellbeing are now at the forefront of this challenge. As a high performance sports coach I spend my time planning to achieve this with sports people on a daily basis. Many of the methods used can apply equally as well to anyone who wishes to adopt them.

Over the period of this crisis I will be producing a number of guidance sheet that families and individuals may find of help. Details of how to access this mailing list and other support services are outlined in this issue.



ACCESSING SUPPORT



Under the current conditions I will be setting up an individual and community based support group. Pricing is based on individual requirements and designed purely to cover my time.

1. Regular email contact - This will allow for both general and individual information to be sent out.
2. Resources - These are aimed at keeping you and your family fit and healthy and include different ways in which to train and maintain family health and harmony.
3. Online training - Pre booked times for face to face training sessions.
4. Lifestyle adjustments - Advice on issues as they arise.
5. Access to leading experts through articles and personal referral if needed.
6. Regular editions of the trainer - An adapted version that will be able to react to new developments.
7. The support of experts through updated articles who are able to supply good advice at this difficult time.



Stay safe, keep healthy

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