



As the coronavirus COVID-19 outbreak continues, Sport Ireland is keeping the health and well-being of our staff, our sporting communities and the public at the forefront of our decision making.

Sport and physical activity is essential to our physical and mental wellbeing, our sense of positivity and our long term health.

At Sport Ireland our mission is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID 19 to flatten the infection curve.



## #BeActive At Home

You can #BeActive at home by...



### WALKING

Even in small spaces, walking around or walking on the spot, can help you remain active



### MOVING

Build movement breaks in to your daily routine e.g. jogging on the spot or some stretching



### RELAXING

Meditation and deep breaths can help you remain calm



### WORKING OUT

Create your own circuit workout at home - no equipment needed, just a little willpower

You can #BeActive at home with others by...

#### GO ONLINE!

Follow an online exercise class. Many of these are free and can be found on Instagram, Facebook, and Youtube. If you have no experience of these classes, remember to be sensible and know your limits.

#### BUDDY UP!

Find a physical activity accountability partner and ask a friend to virtually hold you to your deadlines.

#### PLAY!

Play games and activities with your family. Many of these can be found online such as GoNoodle, and require little to no equipment. Activities can be adapted to suit people of all ages and abilities.

## Remember to...



**BE HEALTHY**  
Eat healthily and stay hydrated

**SET A GOAL**  
#BeActive for 30 minutes each day

**SCHEDULE**  
Set an alarm on your phone to #BeActive



Follow @SportIreland on social media for more ideas on how to #BeActive at home.

It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)