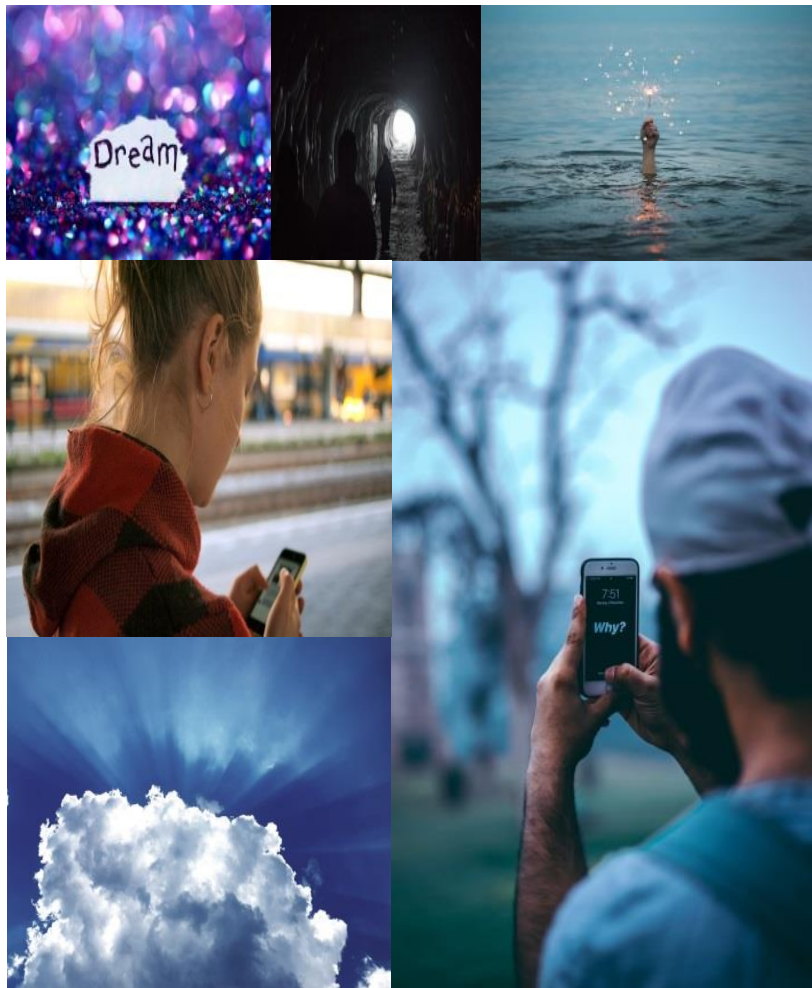


HAVERING CAMHS – USEFUL RESOURCES FOR LOOKING AFTER YOUR PHYSICAL HEALTH



PHYSICAL HEALTH RESOURCES

Anna Freud – *physical exercise*

Physical exercise can mean lots of different things

<https://www.annafreud.org/on-my-mind/self-care/physical-exercise/>



NHS Live Well – *get fit for free*

The secret to getting fit for free is to use every opportunity to be active

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>



BBC – *eat well for less*

Tips and recipes so you can eat better for less money

<https://www.bbc.co.uk/programmes/b0520lz9>



The Mix – *getting fit*

Getting fit can feel like an uphill struggle, but we've got some tips to make getting up and out more bearable

<https://www.themix.org.uk/your-body/fitness-and-diet/getting-fit-7397.html>



The Mix – *exercising with health problems*

You don't have to forego the gym just because you have some problems with your health. As long as you take care and know your limits you can exercise with the best of them

<https://www.themix.org.uk/your-body/fitness-and-diet/exercising-with-health-problems-7406.html>



Mental Health Foundation –

Look after your mental health using exercise

<https://www.mentalhealth.org.uk/sites/default/files/How%20to...exercise.pdf>



NHS – *food for thought*

An NHS self help guide

<https://web.nrw.nhs.uk/selfhelp/leaflets/Food%20for%20thought.pdf>



NHS; change4life – food facts

Change4Life is here to help your family be healthier and happier. Find out more about what's really in the food your family eats

<https://www.nhs.uk/change4life/food-facts>



NHS; change4life – recipes

Meal ideas and recipes

<https://www.nhs.uk/change4life/recipes>



NHS; change4life – activities

Kids should aim for 60 minutes of activity each day. We know that may feel difficult right now, but we have loads of Disney inspired indoor games and 10 Minute Shake Up activities to help them stay active while everyone's at home

<https://www.nhs.uk/change4life/activities>



Health for kids –

Offers a fun, engaging and interactive way for children to learn about health. Find games, articles and lots more right here

www.healthforkids.co.uk



The Body Coach – YouTube Channel

Includes '5 Minute Move' - short energising workouts for kids

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



The Young Gamers and Gamblers Education Trust (YGAM) –

Offers a range of activities for children and young people to establish a healthy online/offline balance

<https://parents.ygam.org/activities/>



The British Nutrition Foundation –

Provides you with nutrition and diet information to help make sure your child is well prepared for their school years

<https://www.nutrition.org.uk/healthyliving/lifestages/children.html>



APPS:

Strava –

Track your activity from walking, cycling to swimming and more. Map your activity with a GPS and find out how you compare with your friends

<https://www.strava.com/>



Nature Cat's Great Outdoors -

The on-the-go toolset that will inspire your child to explore nature – in the backyard, at a local park or even looking out the window



Super Stretch Yoga HD -

Offers a kid-friendly guide to 12 different yoga poses and lots of gentle encouragement to get moving



Coach to 5K -

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



Wello: healthy habits for kids in a fun way –

https://play.google.com/store/apps/details?id=com.artdynasty.wello&hl=en_US



Eat-And-Move-O-Matic –

Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.

<https://innovativemedia.nmsu.edu/eatmove/>



NFL Play 60 –

Take real steps to move in the game, explore your surroundings, and collect characters to build your ultimate team for competition



GoNoodle –

Make screen time active with 300+ videos that feature kids songs, dance, yoga, mindfulness, stretching, and more!

