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## Exercise right and improve your mental health

Stepping outside for some fresh air and exercise is bringing physical and mental health benefits to south western Sydney residents during the COVID-19 pandemic.

South Western Sydney Local Health District exercise physiologist Daisy Ho said Exercise Right Week from May 25 to 31 highlighted the importance of movement in our daily lives, particularly while staying at home.

“In the current situation, there is a real need for people to take care of themselves, and of each other, by creating a healthy home environment,” Ms Ho said.

“After long hours of social isolation and sitting in front of a screen, an afternoon walk is something to look forward to. Getting out of the house and into the fresh air helps to clear the mind.

“It has been wonderful to see so many people out walking, jogging and cycling.

“When exercise becomes part of your daily routine, it helps you to feel good about yourself and less stressed.”

The District’s Health Promotion Director Mandy Williams said the benefits of physical exercise - even a small amount - benefitted every part of our lives.

“We were built for movement. It’s as simple as that. Our physical and mental wellbeing depend on it,” Ms Williams said.

While exercising, it is also important to remember to practise physical distancing.

This year’s theme of Exercise Right Week is “movement is medicine”.

For free activity ideas and advice, visit [www.exerciseright.com.au](http://www.exerciseright.com.au)

The 2019-20 budget for SWSLHD is almost \$2 billion, an increase of nearly \$94 million on the previous financial year’s budget.

The NSW Government recently announced an additional \$2.3 billion health boost and economic stimulus package for COVID-19, with \$800 million extra funding for NSW Health to assist in more than doubling ICU capacity, preparing for additional COVID-19 testing, purchasing additional ventilators and medical equipment, establishing more acute respiratory clinics and bringing forward elective surgeries to private hospitals.