



Healthy Lives Daily Update

Monday 20th April 2020

Please pass this daily update email onto your school office and ask them to distribute this to all your parents.

Hello everyone! The Healthy Lives Team has put together a health and wellbeing edition today, full of ideas and resources to support you and your family.

The Healthy Lives Team would love to hear about how you are using the newsletter resources. Maybe you would like to **share a short clip of your indoor dance moves/routines; perhaps you have some top tips for a better night's sleep** or you may have **a quick and healthy family recipe idea for under £5.00**. Please email kate.smith@towerhamlets.gov.uk.

This Girl Can

Aimed at: KS4, KS5 and Adults



The This Girl Can campaign was launched in 2015 funded by lottery funding and Sport England. Since then they have successfully persuaded nearly three million women to become more active! The premise of This Girl Can is to celebrate active women no matter 'how they do it, how they look or even how sweaty they get'. Their website provides a comprehensive collection of activities and

ideas to keep you active during social distancing and beyond. Please do continue to follow the updated government guidance on staying home, details of which can be found [here](#).

<https://www.thisgirlcan.co.uk/activities/>

Disney Dance-Along!

Aimed at: All



This Girl Can have teamed up with Disney to create fun dance-along routines designed to enable the whole family to keep fit together. Routines include those from the Jungle Book, Moana and the Little Mermaid. Additional Disney Dance routines, indoor games and physical activities can be found on the [Change4Life Website](#).

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Wake up to sleep with the Sleep Council

Aimed at Adults- Although healthy sleep routines can benefit the whole family



The NHS report that a solid night's sleep is essential for a long and healthy life, with benefits to mood, weight management and lowering the risk of [serious medical conditions](#) such as heart disease and diabetes. With so much uncertainty and disruption due to COVID-19, it may not be easy to switch off each night, harder to wake up feeling refreshed or difficult to continue with previous sleep routines. The Sleep Council has compiled advice and support on their website to support you in getting a better night's sleep; ranging from a sleep calculator to explore how much sleep you need, leaflets and a FREE 30 day guide to support you getting better night's sleep.

<https://sleepcouncil.org.uk/advice-support/>

Marble fun with Tate

Aimed at: All- Parental supervision with younger children is advised

Duration: 45 minutes



Do you fancy making some gorgeous art? Tate has put together a marbling photo-guide inspired by abstract paintings by German artist Gerhard Richter, who scraped paint across a canvas. Resources needed include paper, shaving foam, washable inks or food colouring and a ruler. This technique can be applied to hand prints, bookmarks, bunting... or anything that sparks your imagination!

[The link is here:](#)

FREE Smart Recipe app from Change4Life



This recipe app from Change4Life provides a searchable database of meals designed to feed a family of 4 for around £5. It provides easy to follow instructions for parents who are short on time and aims to provide 'tasty, healthier meals the whole family will love'. The app benefits include:

- Remembering ingredients and keeping track of portion sizes.
- Search over 160 easy, calorie-counted recipes across breakfast, lunch, evening meals and snacks.
- Save your favourite recipes so you can access them faster next time.
- Manage your shopping list at the click of a button.
- Lots of tips, advice and support so you and your family can make healthier meal choices.

<https://www.nhs.uk/change4life/recipes> - Links to Android and iPhone apps are provided on the Change4Life page.

And remember...

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward"

Martin Luther King Jr

Take care and there will be more from The Healthy Lives Team tomorrow!

Kate

Kate Smith

Head of Healthy Lives,

London Borough of Tower Hamlets

The Healthy Lives Team want to support you with all aspects of health and wellbeing. So we will be sending you daily health and wellbeing advice that will be relevant whether you are at home with your children, working from home or in a school. Each day we will send you links to activities and resources that promote healthy living. We will be putting together information each day, so please do let us know if there is a topic you would like included. Please feel free to share this email.

