

Healthy@Home with Healthy Lifestyle



Dear Healthy Lifestyle participant,

We hope you have taken some deep breaths and found our simple one-minute breathing exercise, last week, helpful. The simple things can often be the most helpful in times like this! This week we include the final exercise in our standing lower body routine, side leg lifts, before we give those legs a rest and move to the upper body next week. Keep up the daily routine, where you can, and give yourselves a pat on the back.

June's Exercise of the Week - Standing side leg lifts

This exercise aims to improve the strength, endurance, and coordination of the hip muscles. All the muscles of the hip work together to support each other in different ways. This exercise completes our standing leg series. Before you start exercising, ensure you remove any trip hazards and are using a slip resistant surface.

1. Begin standing with feet in line and underneath your pelvis with your hands holding a steady support such as a wall, kitchen bench or sturdy chair. Wear supportive shoes.
2. Standing tall, lift your chest and look straight ahead. Gently pull your tummy in to support your back.
3. Extend one leg to the SIDE away from the mid-line of the body. Tap the foot to the floor first.
4. Slightly raise the extended leg from the floor (as pictured), keeping the knee straight. Hold for 2-3 sec.
5. Alternate sides and repeat. Complete 5-8 repetitions on both legs or to your capacity.



Not getting enough sleep?

There's a lot going on at the moment and getting a good night's sleep can be a challenge.

Keeping a sleep routine can help you feel less stressed, more energised and improve your concentration. Some basic tips for a good night's rest:

- Stop using screens for at least an hour before bed
- Listen to some calming music
- Read a book
- Keep a consistent sleep routine
- Keep the bed for sleeping

Healthy@Home

Tips for a good night sleep

NSW GOVERNMENT HEALTHYEATING ACTIVE LIVING

For more tips to help you and your family get a good night sleep [click here](#)

COVID-19 check-in cards now available

You can now register through Service NSW for a COVID-19 check-in card which can be presented to supermarkets and other essential retail businesses to scan.

The card provides an alternative check-in method for customers who don't have smart phones and/or those who are not comfortable using the Service NSW business online webform. You can download and print a COVID-19 check-in card or have a plastic card mailed to you.



[Click here to register with Service NSW](#)

Tip of the Week

Stepping On **Royal Rehab**
Empowering Independence

Do you know how to wear a mask?



X
Like a hat?



X
Like an earring?



X
Like a chin guard?



REYA 👍

Freya the Therapy Dog does!

*Acknowledgement to NSLHD and Mona Vale Hospital

NSW | **Health**

Kind regards,

The Healthy Lifestyle Team

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