



Day 3 of our 5 Ways of Wellbeing Challenge- BE ACTIVE!

We have partnered with Tower Hamlets-based resident and personal trainer Laura Williams today to bring you her *Anti-Anxiety Routine**.

Says Laura, "I designed this workout, specifically with those who experience anxiety, racing thoughts or low mood in mind.

The workout is divided into two parts:

> The **first part** is designed to get your heart rate raised and your blood flow increased (that's the puff stuff!), as this increases hormone and neurotransmitter activity (the biggies as far as your brain's concerned) which tends to raise mood, productivity and optimism.

> The **second part** is designed to help relax you in three ways:

- 1) By stopping to stretch, your breathing will slow, and this should help provide some relaxation for your whole system.
- 2) ...And stretching helps to release any built-up tension in your muscles, which will also contribute to you feeling less tense.
- 3) And lastly, when you're focusing on anything, be it stretching or getting out of breath, you're going to get some space from racing thoughts and worrying."

Laura is keen to advise you that you don't need to start this workout at the beginning, "Remember that I created this workout as a fitness instructor, so it's a bit tough!

But there are two things to remember: firstly, you don't need to start at the beginning (you can start at the second part) *and* secondly, we can modify the first part of the workout (see below) while you get used to it..."

PART 1 MODIFICATIONS

Move 1: Jog-to-Squat. Break this into two parts. Practise jogging for 5-10 seconds on the spot at a time first. Then try squatting to the floor. Wait until you feel comfy doing both of those things before putting them together in this first tough move!

Move 2: Jumping lunge. Definitely try your hand at lunging before you add this jump, particularly if you're new to exercise! Position feet a stride apart and bend both knees before lowering your body to the floor. Push back up. Try 5-10 of these, and don't hesitate to lean on a surface while you get used to this exercise.

Move 3 Speedy Plank Leg Sweep. Try setting this position up as your intro into this exercise. Place hands underneath shoulders and see if you can raise yourself up off the ground, so that weight is distributed on the balls of feet and palms of your hands. Then see if you can manage the leg movement!"