



Physical Wellbeing Resources List

1. COVID-19 specific

- British Liver Trust, Staying Healthy at Home: britishlivertrust.org.uk/staying-healthy-at-home
- NHS One You Apps, including Active 10 and Couch to 5k: nhs.uk/oneyou/apps/#active-10
- NHS One You Home Workout Videos: nhs.uk/oneyou/for-your-body/move-more/home-workout-videos
- World Health Organisation, Healthy at Home, Exercise: who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity
- World Health Organisation, Healthy at Home, Healthy Diet: who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet

2. General physical wellbeing resources

- Age UK, Health and Wellbeing: ageuk.org.uk/information-advice/health-wellbeing
- British Dietetics Association Food Fact Sheets: bda.uk.com/food-health/food-facts.html
- Bupa, Healthy Me: bupa.co.uk/health-information/health-blog
- Change 4 Life: nhs.uk/change4life/about-change4life
- Childline, Staying Healthy: childline.org.uk/info-advice/you-your-body/my-body/staying-healthy
- Drink Aware App: drinkaware.co.uk/tools/app
- iPrescribe Exercise: iprescribeexercise.com.
- NHS, Live Well: nhs.uk/live-well
- Patient, Healthy Eating: patient.info/healthy-living/healthy-eating
- Royal College of Anaesthetists, Preparing for surgery – Fitter Better Sooner: rcoa.ac.uk/patient-information/preparing-surgery-fitter-better-sooner



- World Cancer Research Fund Men's Health Guide: wcrf-uk.org/uk/here-help/resources-cancer-prevention/mens-health-guide
- World Cancer Research Fund Women's Health Guide: wcrf-uk.org/uk/here-help/resources-cancer-prevention/womens-health-guide.