

07 August 2020

## With Victoria now under increased restrictions, [Fitness Australia](#) says 'Exercise still vital for our health and wellbeing during Stage 4 lockdown'.

This message remains simple – it has never been more important to stay active to help keep our mental health in check. We hear this time and time again, but intention needs to be put into physical action!

### **If you are in Victoria, here is what stage 4 restrictions means for you.**

*Guidelines set out by the Victorian Government:*

- can still be undertaken with one other person
- you must maintain the required physical distancing
- must remain within 5km of your home
- mask must be worn unless you are exercising and you become out of breath or puffing
- if not wearing a mask whilst running or jogging, you must still have a mask with you at all times when outside the home

### **So what does this mean for children?**

When you talk to [Kait Cummins](#), who is an Occupational Therapist, you come away instilled with confidence that with a few very simple strategies, we CAN support our own mental health and the mental wellbeing of our kids.

With the limit of one hour for exercise outside, Kait suggests doing it early and setting both adults and children up for the day. Getting into a new routine is so important. Here's a recommendation from Kait:

- set up a daily routine
- get up at a regular time
- have breakfast
- then head outside for the hour



Get the kids (and the adults) huffing and puffing! Cycle on bikes, play a chasing game, fill those lungs with fresh air. When you get bodies moving in the morning you'll be setting yourself up for a better day ahead. Children will be more settled and ready for a calmer day.

When parents are active, they will feel better too and it is so important that adults look after themselves. Kait says how lucky we are in and around Melbourne, with so many parks, trees and natural spaces everywhere.

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*The Play Project - Nature play time*

When walking around green space, encouraging kids to pick up some sticks, feeling the different textures of trees and grass. Starting your day in a natural environment will nurture our bodies and minds, creating calmness and a sense of wellbeing for a better day ahead.

Have a look at [The Play Projects](#) website for more inspiration.

*#PlayToday and outside every day!*

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