

Hextol

Issue 12

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happenings

THE
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FOUNDATION

FOR WORKING OPPORTUNITIES

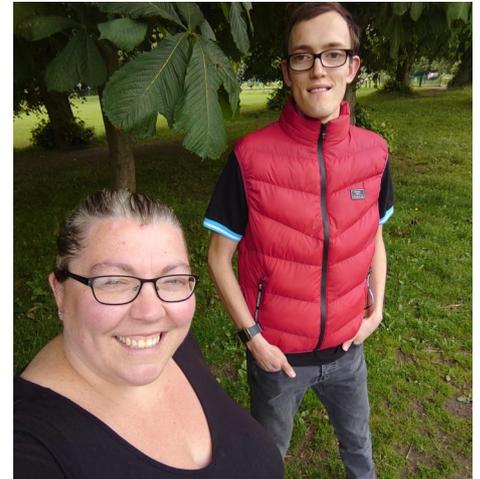
Welcome to issue 12. That means it's 12 weeks since we started lockdown.

Hopefully we are now seeing a glimmer of light at the end of this tunnel, but it's still very important to take care and make sure you socially distance when out.

In this issue we are focussing on exercise. A lot of people are walking and cycling more recently – are you? It's good not just for the body but the mind as well – just what we all need at the moment. Tell us what you've been doing, we'd love to hear from you and see pics if you've got some.

Stay safe and active.

Bruce



Here are Cherie and Alfie taking a socially distanced walk. Alfie has challenged himself to run 50 miles in 30 days. He has run 42 miles so far!

CONGRATULATIONS, GEMMA!

Bruce's daughter, Gemma, has just finished all her university exams to become a veterinary nurse. She passed with a 'First', which is the highest mark you can get! Well done, Gemma!!

Her graduation ceremony was on Monday 15 June. She was expecting to have an big ceremony at her university in Dublin with all her friends. Instead, the ceremony had to be



done on line. However, the whole family dressed up to watch the ceremony and Gemma wore her mortar board and gown for the occasion. Even Chester the dog joined in!



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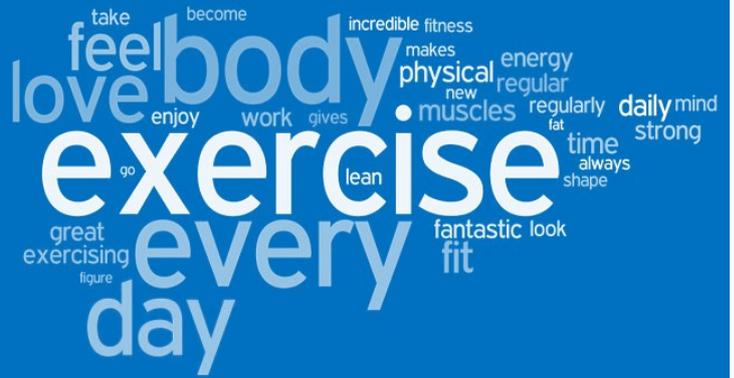


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Healthy Body, Healthy Mind



Regular exercise is a really good way of improving your mental health. Here are some ways that exercise can help you:

- ◇ *Helps you feel positive about yourself*
- ◇ *Helps you feel more energetic during the day - you will have more 'get up and go'!*
 - ◇ *Helps you with stress*
 - ◇ *Helps you sleep better at night*
 - ◇ *Helps your memory*

Lots of us miss being able to go to the gym and to take part in our favourite sports during lockdown. However, there are plenty of other fitness ideas that we can try:



Take up skipping - it's a lot harder than you think!!

Go for a walk/run/cycle everyday. How many miles can you walk/run/cycle in a week?



Active Northumberland have lots of fitness ideas on their website: [Active Northumberland](#)

Joe Wicks' workouts - check out his sessions on You Tube: [PE with Joe](#)



Take the stairs: how many times can you walk or run up and down your stairs in a day?

Don't forget that housework and gardening are good forms of exercise too. Jean must have been working very hard to get her garden to look like this!



REMEMBER...

Always exercise safely

Don't do more that you are comfortable doing

Follow the social distancing rules

Choose something you ENJOY!