



# #StayInWorkOut

“Keeping active has never been more important when you consider the profound benefits it can have for our mental health and physical wellbeing,” said Tim Hollingsworth, Sport England chief executive.

The Join the Movement campaign, supported by the Department for Digital, Culture, Media and Sport and funded by the National Lottery, launched on 26 March and aims to inspire people to get active during these uncertain times – both for their physical and mental wellbeing.

Latest research shows 38% of adults in England have done less physical activity or exercise in the past week compared to a typical week before the restrictions came into effect – this is in spite of 66% saying they have more time to be active and 63% saying it’s more important to be active now, than before the pandemic.

Join the movement – stay in and work out. Visit their website to find out more.

<https://www.sportengland.org/stayinworkout>

