**PRESS RELEASE: DATE GOES HERE**

**Activity toolkits and guidance available to help you stay active in YOUR AREA during the pandemic**

Although the colder weather and the restrictions to combat Covid-19 are making it a challenge right now, X is continuing to encourage people to be as active as possible over the next few months.

Our message is simple – being active is good for your physical health and mental health and being as fit as possible right now is a great way to deal with illness and viruses.

We know that people are feeling concerned and anxious, but we also know that being active can be a genuine antidote. It’s also a way of staying connected with people.

That’s why we want to continue providing support, advice and encouragement to help people feel able and motivated to be as active as possible. We also want to make sure that our community understands what is and isn't allowed.

INSERT LOCAL ADVICE HERE – The latest government guidance for your area is available on the [Sport England website](https://www.sportengland.org/how-we-can-help/coronavirus#latestgovernmentguidance),

The balance of keeping people safe but allowing them to enjoy the benefits that being active brings, we believe is vital and we are proud of the work so many of our local providers are doing like X Y and Z to support activity while keeping people safe.

Over the course of the pandemic, Sport England has conducted nationwide research to gain an insight into activity levels and attitudes towards being active up and down England, and close to 70% of people say they have used being active to help manage their mental health. However, we are all concerned about recent drop-offs in activity levels and will be doing everything we can to support our communities to get more active. People can access a host of free workouts for all ages and abilities on Sport England’s Join the Movement website at:

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

**[Insert Local Quote]**

**Sport England Chief Executive, Tim Hollingsworth said:**

“Being active is a vital tool to help us cope mentally with the challenges the months ahead will bring and physically to be fitter and healthier, to boost our immunity and to ward off illness.

“We know that people face real challenges right now in their daily lives, whether that’s anxiety about the virus itself, financial concerns or uncertainty about what is or isn’t allowed. Our message is that there has never been a more important time to take some time to be physically active”.

“We’ve got loads of great resources to help on the Sport England website including tips on how to get started.”

**-ENDS-**

### Notes for Editors

**About your organisation**

Insert details about your organisation

### About Sport England

Sport England is a public body which invests up to £300 million of National Lottery and government money each year in projects and programmes that help people get active and play sport.

It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That’s why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women, disabled people and people on lower incomes.