

Hi Everyone,

Here are some tips sent in by Richard Burke. Might seem obvious but very important. We will be posting more from Richard early next week and also some from Mia Huntington. Stay safe....

## **The Resilience Prescription**

Water : Drink at least 8 x 250ml glasses of water a day

Exercise: If your body is healthy push it vigorously for at least 30 minutes a day, if you have health issues, find a way to just move, walk, dance etc...

Food : Do what your mother advised – eat a little bit of everything, have a balanced diet. At this point in your life you don't need nutritional advice, you know what's good and what's not. Listen to that voice in your head and don't follow the latest fad.