

### ***Keeping Active in Isolation***

“I was out walking this morning and instead of meeting my usual friends I met another friend who usually works at Monash Uni but is currently working from home. His boss has encouraged his staff to "commute to work" each morning and "return home" at the end of their day. What this means in practice is that they get ready for work in the morning, then go out for a walk, return home to do their day's work then "leave their workplace" for another walk before coming home as usual. This creates some "gearing up for work time" in the morning and some wind down time at the end of the day as well. I thought this was a very healthy initiative and might be useful for other people to incorporate into their day if they are not already doing this.”

Genevieve Gill