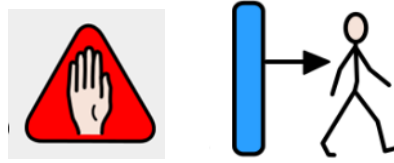
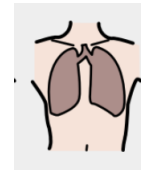
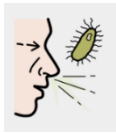


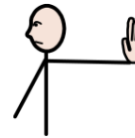
It's ok to exercise outside of the house once a day.



People are trying their best to stop the spread of Coronavirus.

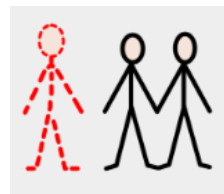


Coronavirus can make some people very poorly because it affects their lungs and airways.



It is important that people keep at least 2 metres apart to stop spreading it.

Staying away from other people is called social distancing.



You should socially distance from people you don't live with which is why schools are closed.



It is ok to exercise outside once a day as long as we keep 2 metres away from other people who we do not live with.



Some people do not have a garden so it is very important that they can still exercise outside.



People might exercise outside in different ways like walking, running, biking or scootering.



Exercising helps us to keep our mind and body healthy and happy.



It's ok to exercise outside of the house once a day.

