

Exercise is good for your physical and mental health **But, you <u>MUST</u> be responsible to protect all our health**

While outside:



Avoid

Close contact with others (handshakes, hugs, kisses etc)



Distance yourself

Keep 2 metres (6 feet) away from other people



Keep to small groups

A maximum of two people, unless part of your household





Don't

Stay away from

for your walk



to meet up with other people

For more advice on social distancing visit www.malvernhills.gov.uk/coronavirus



Social distancing while outside

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busy areas

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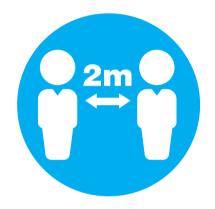
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