**Be Active**

I’m a runner. Before, during and after Covid 19.

Recently though I’ve consciously thought about the timings of my runs and the routes I take. I’ve also been thinking more about the positive impact running has on my mental health.

It’s my time. My time to process, plan, compartmentalise, breathe, see (really see) the world around me. My time to sweat, pant and smile at strangers (from a safe distance). Sometimes my mind is at rest. Sometimes it is as active as my legs and lungs.

What I know is that I’m much better when I run. A better version of me. A better Dad, husband and brother. A better manager and colleague. I won’t make the Olympics, but I know that I need to run.

In between Zoom meetings I’ve found myself kicking a ball in the garden with my son Benjamin. Both of us wanting to be Leeds United as we run, pass and shoot. He has his heroes of today and I have mine from days gone by. We laugh and celebrate as we each score a goal between the dogs bowls arranged as goal posts. Ava my daughter occasionally joins us to play along. Sometimes though she prefers to get me to cartwheel with her or do ballet moves or pretend to be a horse. All of which I love. Honestly….

My wife Katie has been accessing her gym sessions at home. An interesting concept to see her utilising the living room rug as an exercise mat for squat thrusts and press ups. Proactive Fitness Hull are a community orientated gym who have embraced technology to continue delivering outstanding sessions to members and non-members. Check them out on Facebook and do a session. They are very good. Although the collective grunting on Zoom does create an interesting noise and I suspect our neighbours think we’ve adopted some wild animals during the lockdown.

Whatever I do to be active I try to make sure it makes me breathe. And sweat a bit. And smile a lot.