**Updated 25th March 2020**

With the current COVID-19 situation we have been asked to clarify what is happening with the UEA+MOVES app.

The first port of call should be for people to adhere to the UK’s Governments guidance, this can be found here:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>

This states that people should only leave the house for one of four reasons:

* shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
* one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
* any medical need, or to provide care or to help a vulnerable person.
* travelling to and from work, but only where this absolutely cannot be done from home.

**Importance of keeping active**

We know how important it is to try and stay active, especially at this moment in time, although we understand how hard it can be to get active when you are at home all day. Therefore, you may find the following useful, Sport England have put together some great resources and links to websites/apps that will help you to stay healthy whilst at home: [https://www.sportengland.org/news/how-stay-active-while-youre-home](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportengland.org%2Fnews%2Fhow-stay-active-while-youre-home&data=02%7C01%7CJ.Skeet%40uea.ac.uk%7C028d8b48cf95438a01e008d7cf458dea%7Cc65f8795ba3d43518a070865e5d8f090%7C0%7C0%7C637205770093571550&sdata=VGZJN3QNZu%2BMh4cfefdorStLN8xAasLX4z%2BiKqT7i%2Fw%3D&reserved=0).

**Points**

We are still keeping the UEA+MOVES app live so people can earn their points for when they are active as.

**Challenges**

We have added some fun new walking challenges that you can do in the comfort of your own home and still rack up your reward points. We will be adding new challenges every week so keep your eyes peeled. We have also doubled points for all of our challenges so people get rewarded for joining and completing these. Remember, you can only join one type of challenge at a time so a total of three (i.e. one walking, one cycling and one running challenge). Once your challenge status bar is full, click the leave button and you are then free to take on another challenge (you won't lose your points for clicking leave if you have completed the challenge).

**Rewards**

We are leaving all rewards on there so people can see what they can get but obviously it won’t be possible to claim these in the current situation so we are suggesting keep hold of your points and use them when Government advice suggest people no longer need to stay at home.

**Questions/queries**

If you have any questions/queries please contact [ueamoves@uea.ac.uk](mailto:ueamoves@uea.ac.uk) or go to UEA Moves online here: <https://ueasport.co.uk/activity-and-sport/uea-moves-app/> .

Kind regards and best wishes,

**uea+sport team**