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## 15 magazine reading tips to get you through self-isolation

Travel bans, working from home, self-isolation, and quarantine. People are isolated in their homes all over the world. So how do we maintain our wellbeing during the foreseeable future whilst stuck inside four walls - keeping our body in shape, our brain fresh and our mind at ease during these troubling times? Here are 15 tips from magazine app [Readly](#) where subscribers get unlimited access to 5,000 magazines in more than 35 categories.

### Stay healthy and fit

1. Get training tips for workouts, exercise and sports you can do at home from fitness magazines
2. Find clarity and improve your wellbeing with a new routine such as daily meditation or yoga found in wellness magazines

### Keep the kids engaged and entertained

3. Harness your kid's interests and get them exploring dinosaurs, space, planes and more - with a multitude of science based magazines to delve into
4. Looking for a little light relief - comics will be sure to keep the kids entertained

### Organise your household

5. Get motivated to declutter your home with tips from home & interior magazines
6. Do an inventory of your garage, garden shed or basement. Maybe it's time to start a new project that you found in a motoring or gardening magazine
7. Organise your finances through step-by-step tips from experts in business and finance magazines

### Pick up a new skill

8. Learn to code or build a website by turning to some of the educational magazine titles
9. Knitting is proven to help with anxiety, self-esteem and improve your mood. Why not pick up your needles and turn to a hobby magazine for inspiration on knitting and more
10. Time to turn your attention to your wheels? Get maintenance tips and start working on your car

### Lose track of time

11. Get absorbed in the nail-biting cases in True Crime magazines
12. Sharpen your memory and improve your brain function with tricky crosswords and puzzles
13. Keep your spirits up with thoughts to the future. Recently engaged? Take inspiration for your dream wedding with Readly's 60 magazine titles dedicated to the big event



### **Indulge in food and drink magazines**

14. Try new recipes based on what's available in your cupboard - perhaps you'll find a new favourite dish

### **Re-do your home**

15. Find redecoration or renovation inspiration by flipping through the 140 home and interior magazines on Readly

### **Keep your reading real**

And the last tip...stay away from fake news by reading verified journalism from responsible publishers who are working hard to get the facts and cover the developments of the Coronavirus outbreak.

**Linnéa Aguero, head of PR & Communications at Readly, says:** *“We believe that magazine reading can play an even more significant role in these trying times. Instead of increasing the amount of time spent on scrolling social media or watching viral videos or mobile gaming, magazines can be used for more rewarding activities such as reading great articles.*

*“Magazine reading can be used for discovering new interests, learning new topics, being entertained or just relaxation. In these times it is also very clear that people have an increasing interest in staying up to date with in depth reading about the Coronavirus crisis - something that is found in many magazines right now.”*

### **Ends**

**For more information** [www.readly.com](http://www.readly.com)

Read, download and save the magazines on Readly for just £7.99 per month.

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