



Be Active



We all know that to look after our physical health we need to do regular physical exercise but there are other health benefits to exercise too!

These are:

- ❖ Improves our mental health, reduces our symptoms of anxiety and depression.
- ❖ Helps manage weight
- ❖ Boosts our confidence and self esteem
- ❖ Helps aid sleep
- ❖ Strengthens our bones and muscles
- ❖ Reduces our risk to disease
- ❖ Helps with social interaction – which helps us to 'connect'
- ❖ Improves our ability to do everyday activities

Intense exercise is not for everyone but there are ways that you can still exercise to boost your physical activity. Start off small and increase as you get fitter.

These are some ideas to get you and your family motivated:

- ❖ Take the stairs and not the lift
- ❖ Walk to school or the shops – perhaps with friends – so you can 'connect'
- ❖ Get off the bus the stop before you need to and walk the rest of the way
- ❖ Kick a ball about in the park on the way home
- ❖ Walk the dog
- ❖ Have a kitchen disco
- ❖ Walk to someone's desk instead of emailing or phoning them
- ❖ Take part in a sporting event – Park Run, Race for Life
- ❖ Join an exercise class – Yoga/Pilates, Zumba or Boot Camp
- ❖ Do some simple stretching
- ❖ Get a group of friends together to walk or run – 'connect'