



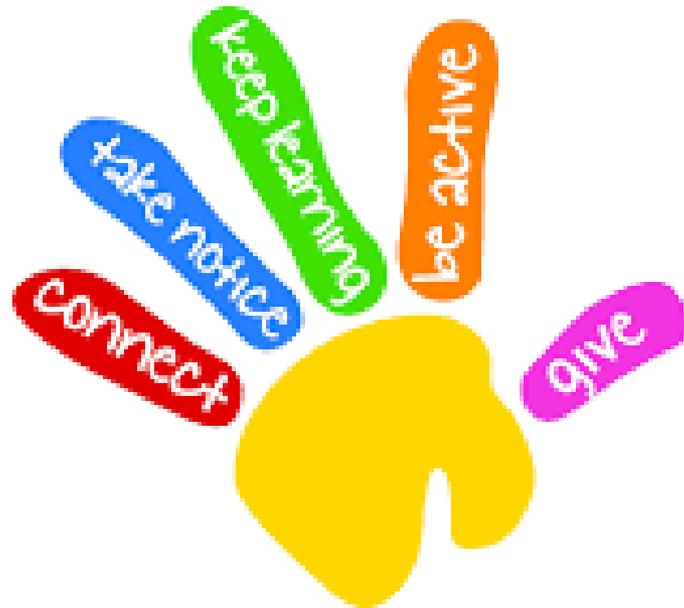
# Wellbeing Week

Be Active

# Task 1

With the person next to you, see if you can list the 5 ways to Wellbeing you looked at during the last Wellbeing awareness Week.

# The 5 ways to wellbeing



Five ways to  
**wellbeing**

Did you remember them all ?

# Task 2

- This week we are thinking about 'Being Active', in pairs discuss for 1 minute why 'Being Active' is good for us throughout our lives.

# Be active for mental wellbeing

Be active

Sport, exercise and physical activity play a key role in both your physical and mental wellbeing. Being active is about doing something that suits you.

# How being active can help your wellbeing

Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Go for a walk or run. Cycle, play a game, try trampolining, roller skating or dancing; exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Being active doesn't need to be too intense for you to feel good – there's evidence that low impact physical activities such as stretching, toning and resistance exercises can be effective in promoting psychological wellbeing. You just need to find a physical activity that you can enjoy and fit into your daily life.

- It's recommended that adults do 30 minutes of moderate physical activity on at least 5 days of every week.
- For children and young people it's 60 minutes every day.
- Try breaking this up into shorter 10 or 15 minute sessions

Being Active can help us feel more positive and able to cope with life's ups and downs.

- Walk or cycle to school
- Put on your favourite song and dance.
- Get off the bus one stop earlier than usual and walk.
- Take a dog for a walk.
- Try a sport you've never tried before
- Take the stairs instead of a lift or escalator

More ideas!



# Task 3

- Tell the person next to you about the things you do to keep active.

# Challenge

- What ways can you think of to be more active?
- How can you encourage your friends and family to be more active?

**BE** *~*  
**ACTIVE**  
— **BE** —  
**HEALTHY**  
*BE*  
*Happy* *~*



# The 5 ways to wellbeing



Five ways to  
**wellbeing**