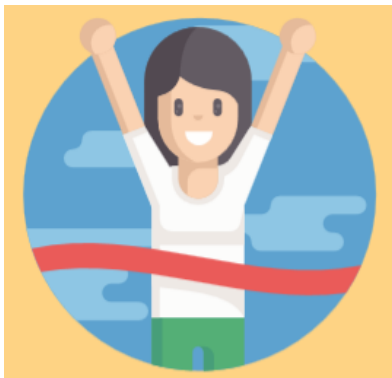




# Five ways to wellbeing

## TUESDAY – GET ACTIVE



### Get active for mental wellbeing

Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing.

We think that the mind and body are separate. What you do with your body can have a powerful effect on your mental wellbeing.

Mental wellbeing means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way you want.

Evidence shows there's a link between being physically active and good mental wellbeing.

Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you.

Find physical activities you enjoy and think about how to fit more of them into your daily life.

## How exercise helps your mental wellbeing

Scientists say physical activity helps maintain and improve wellbeing in a number of ways.

- Physical activity can help people with mild depression. Evidence shows it can also help protect people against anxiety.
- Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.
- Scientists say being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control, and the ability to rise to a challenge.

## Ideas for being active

There have been an amazing number of physical trainers, coaches, dancers and celebrities putting free classes on virtual platforms e.g. YouTube. Here are a few ideas to keep and stay active during this time.

- Do some gentle exercises after you wake up, like stretching, yoga to wake your body up.
- Go back to the 90s and do some step-ups if you have stairs, accompanied by your favourite tunes.
- Go for a short brisk walk at lunchtime in your immediate area. Do this alone or with a member of your household.
- Join an online class, for example [The Body Coach](#) Joe Wicks will be running online PE classes for kids from Monday 23 March at 09.00.
- Cycling UK have put together a great [Q&A about cycling during this period](#) and how to do so safely. This is also being updated regularly to ensure Government recommendations will be met.
- The NHS has an online fitness studio you can [access here](#).
- Or why not learn a new dance routine?