

Move your mood-

HOW GETTING ACTIVE BOOSTS YOUR MENTAL HEALTH

One of the best things we can do for our mental health and wellbeing is to be active – it's a natural mood booster.

Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress, and help us sleep better.



YOU DON'T NEED TO BE AN ATHLETE

- Find ways to move that fit in with your daily routine, health and lifestyle.
- Any amount of physical activity is good for you, so do not worry if you need to start off easy.
- The most important thing is to do something you enjoy, as you're more likely to keep doing it.

WHAT SHOULD YOU AIM FOR?

If you're 5-18 you should:

- Aim for an average of at least 60 minutes of moderate (you should still be able to talk, but not sing) or vigorous intensity physical activity a day across the week.
- Break up long periods of not moving with a stretch, shake out or walk.

- We don't just say this to bore you... research shows spending lots of time not moving is associated with poor mental health in young people.
- We also know if you're feeling anxious or depressed it may be hard to find the motivation to do this, but being active can reduce feelings of anxiety, and doing things we enjoy challenges depressed thinking.

SET REALISTIC GOALS

Start with realistic goals to get the easy wins and build up at your pace. Celebrate every step!

A 5 minute walk per day can turn into a 10 minute walk per day, up to 15 and so on....

WHAT SHOULD YOU DO?

Anything you enjoy! Different activities might result in different benefits so you could do little bits of different things.

- Walking or running.
- Singing or dancing.
- Yoga or pilates.
- Weightlifting.
- Boxing.
- Swimming.
- Trampolining.
- Cycling.
- Fitness or dance class.