



# PHYSICAL ACTIVITY

**PHYSICAL ACTIVITY** helps release 'feel good' chemicals in your brain.

It helps you sleep better and can have positive effects on your physical and mental health and wellbeing.

Being active increases your energy levels, improves your sense of control, coping abilities, self esteem, memory focus and thinking skills.

Exercise can help reduce stress and anxiety.

## RECOMMENDED

### 13 – 17 YEARS

60 minutes of huff and puff every day

3 strength activities each week



### 18+ YEARS

150 minutes of huff and puff every week

2 strength activities each week



## WHAT CAN I DO?

- Try 30 minutes of moderate physical activity every day.
- Join a team sport.
- Walk or ride to school and work.
- Go swimming!
- Play games at the park.
- Follow DVD or YouTube fitness sessions.



"I don't like buses so I ride my bike to visit friends. It has saved me a bit of money too." Jack, 17

"I like to take my dog for a walk everyday, it gives me a moment to relax and get out of the house." Marcus, 16

