

How can I be more physically active?



Being active is really good for your body and your mind and there are lots of easy ways to be active.

Physical activity is anything that gets you moving. It's not just about playing sport, it can be simple things such as walking, cycling, gardening or even housework.



Physical activity can ease the symptoms of certain long-term health conditions, help to reduce anxiety and lowers your risk of other mental health conditions.



Physical activity in childhood has a number of benefits. It stimulates the development of muscles, bones and joints as well as the heart and lungs. Physical activity helps children maintain a healthy weight and gives them an opportunity to interact with and meet other people.



You can find lots of information and support to be physically active on the [Living Well website](#).