



# Good for your body Good for your mind

## Move more and feel better

Getting active doesn't have to be a hassle. Doing little things every day to be more active can really lift your mood and put a smile on your face. And every step you take is a step towards feeling great.

## Walk away your worries

A daily brisk walk can boost your energy, lift your mood, clear your mind and stop your worries going into overdrive.



## Get active, sleep better

Physical activity releases feel-good hormones called endorphins, which help us sleep better. The better we sleep, the better our energy levels, mood and ability to concentrate.



## Make active connections

Doing something active with a friend gives you a good opportunity to chat, and connecting with others can help you feel less stressed.



## Build active habits

Building activity into your daily routine can be easy and fun: try some stretches while the kettle's on or a boogie while brushing your teeth.



## Take your first step

If you need some help getting started, you can find lots of support online and on your phone.



## Apps to help you feel 'appier

**Active 10** – this app is a great way to find out how active you are already and set goals to move more. **Search NHS Active 10**



**NHS Couch to 5K** – this app is ideal if you'd like to take up running but feel a bit out of shape. **Search NHS Couch to 5K**



## Create your own Mind Plan

Visit the Every Mind Matters website to create a mental wellbeing action plan just for you.

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control



**Search Every Mind Matters**

Find ways to get active that work for you

**Visit [nhs.uk/better-health/get-active](https://www.nhs.uk/better-health/get-active)**



**Better Health**  
Let's do this