

You can do it

Being active and feeling better

Being active means lots of things

Dancing
Walking
Cycling
Housework
Gardening

Do you like doing any of these things?



YOU CAN DO IT!

Getting active is fun. It helps us to:

- Feel close to people
- Have a laugh
- Feel better
- Get healthier
- Boost our mood



Getting active

Everyone likes doing fun things

If we feel down, being active can help us feel better. Sometimes when we stop doing things, it can take time getting used to doing activities again. Take your time. Take small steps. Once you get going you will feel better.

Try it yourself.



Here are some ideas to help you get active

- Walk to the shops.
- Join a club. There are lots to choose from.
- Do some gardening.
- Dance along to your favourite song.
- Visit the local leisure centre. Find out what is happening.
- Do some housework – clean out a cupboard
- Plan a nice dinner
- Do a puzzle



Ask someone to do these things with you.

It is more fun doing things with other people.

Join in!

Choose the things you like doing

Tick the things you like doing.

Walking	
Swimming	
Gardening	
Football	
Drama	
Netball	
Housework	
Horse riding	
DIY	
Cycling	
Going to the gym	
Badminton	
Using a trampoline	
Dancing	
Fishing	
Bowling	
Cooking or baking	
Doing a workout at home	
Drawing or painting	
Doing puzzles	

Other things you like doing

Everyone likes different things.

Write or draw the other things that you like doing.
Remember, things like housework also count.

Being active can boost your mood

You can choose what type of exercise to do. Even going for a 10 minute walk can help you feel better.

Try to do some activity at least once a day. Once you feel a bit more confident, do a bit more activity.

Being active for 30 minutes, once a day is a good target to aim for.

It might be hard to go back to activities after such a long time. Just take small steps and you'll get there.



Choose what you want to do

You decide what to do.

Being more active can be difficult to start with.
We sometimes need help from other people

Ask someone to help you. Try and do something active every day. Take it a step at a time. Build up slowly.



Sue's Story

Sue used to like watching one of the dance programmes on TV. She phoned one of her friends a lot to talk about the programme. Sue's friend asked her if she wants to go to a dance class, but Sue has been finding it difficult to go to busy places. So they agreed to start going for a short walk together every day. It has been good to meet and chat. They are now planning to go for a coffee when they are out for their walk.

Things to do where you live

There are lots of activities going on where you live. Joining in is a good way to get more active.

You can chat about what activities you can do with a support worker, family member or friend. If you've got a smart phone, then you can find out about activities online. There are activities like walking groups that you can join.

Remember, it's still good to go out for a walk or to do some daily exercise.



Being active will help you feel better.

Use this page to build a plan that works for you, try to do some activity at least once or twice a day. Choose things that you like to do and plan your own routine that you can try.

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Tell yourself to give it a go!

YOU CAN DO IT!



Helpful stuff to remember

Check you are wearing the right shoes and clothes. Warm up before exercising. Drink juice or water after being active.

Being active isn't just about sport. Walking counts and so does housework, gardening and dancing. Anything that gets us moving is good for us.

30 minutes activity each day helps us stay healthy. Work towards that target.

Getting active is a challenge. Start off easy. Build up slowly. Take small, steady steps.

There are lots of new things to try.

Tell yourself to give it a go.









This booklet was produced by
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