WHY DOES BEING ACTIVE MATTER?

Why does being active matter?

Being active is great for your physical health & fitness, and evidence shows it can also improve your mental wellbeing.

How can physical activity help my mental & physical health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- Better sleep – by making you feel more tired at the end of the day.
- Happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy.
- Managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.

According to the NHS It is medically proven that people who do regular physical activity have:

- Up to a 35% lower risk of coronary heart disease and stroke.
- Up to a 50% lower risk of type 2 diabetes.
- Up to a 50% lower risk of colon cancer.
- Up to a 20% lower risk of breast cancer.
- Up to an 83% lower risk of osteoarthritis.
- Up to a 30% lower risk of depression.
- Up to a 30% lower risk of dementia
- A 30% lower risk of early death.