Many factors can influence mental well being

Regular physical activity can contribute to the prevention of mental health problems, as well as being an effective treatment for existing mental ill health.

Keeping active enhances well-being and positive mood by reducing anxiety and depression improving self-esteem and confidence.

Being physically active doesn’t mean you have to do vigorous sports and workouts or spend lots of money joining gyms or buying expensive equipment. Indeed, there are many activities you can try, some of which cost nothing at all. Here are just a few ideas:

- Walking is free and easy and a great activity to do on your own, with friends or as part of a group
- If you’ve got a bike why not cycle to work, the shops or go out for the day with some friends
- Swimming is an excellent activity for all-round fitness and ideal for people of all ages. If you can’t swim don’t be put off, it’s never too late to learn
- Keen on dancing? Disco, ballroom, salsa and line dance classes are all good fun and an ideal place to meet new people
- Team games like football, rounders, and cricket can be easy to learn whilst being a great way to socialise
- Prefer to stay in the house? Exercise tapes and videos are available from most libraries and are simple to follow, or how about some gardening
- Remember the best activities for you are the ones you enjoy and can easily fit into your daily routine

(For details of what’s available in your area, contact your local leisure centre or library)

This information can also be made available in another format or language on request. If you require further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 283 1124 Email: healthinfo@sotw.nhs.uk

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