

# Let's get Physical



## Suggested Activities:

- Choose active travel
- Walk to local shops
- Walk to the next bus stop
- Walking meetings
- Active walking breaks
- Explore your local parks, woodlands, countryside and coastlines
- Get out with family & friends






Staying active promotes wellbeing and better mental health. It can lift your mood, reduce stress, help you deal with negative emotions and even help with anxiety and depression.

Physical Activity can be fun so why not find out what works for you... and lets get physical!

 [facebook.com/getirelandactive](https://facebook.com/getirelandactive)  
[www.getirelandactive.ie](http://www.getirelandactive.ie)



## How physical activity benefits mental health

-  Keep your brain healthy
-  Increase self-esteem
-  Get a good night's sleep
-  Improve your mood
-  Reduce anxiety and fatigue