



5 ways to...

wellbeing

BE  
ACTIVE

**Emotional health and wellbeing is about how you're feeling and how well you are able to deal with day-to-day challenges.**

**There are some simple steps that you can take in order to improve how you feel each day. They don't take up much time and they don't have to cost anything either.**

**They're known as the Five Ways to Wellbeing and they are: Take Notice, Connect, Keep Learning, Give to Others and Be Active.**

## Be Active

Evidence shows that improvements in your physical health can help improve your mental health.

Try to find an activity that you enjoy such as walking, swimming, cycling or dancing.

It could be something as simple as getting off the bus one stop earlier, using the stairs instead of the lift or kicking a ball around with the grandkids.

Here are a few more tips:

- Take up Yoga, Pilates or Tai Chi
- Download the Couch to 5k app
- Join a walking group
- Go for a walk at lunchtime
- Do some 'easy exercise', like stretching, in the morning
- Walk to someone's desk instead of calling or emailing
- House work is a good calorie burner
- Dust off your bike and enjoy the Derbyshire countryside
- Take the stairs instead of the lift

This week I am going to be **Active** by:



There are lots of organisations that can help you take part in activities in your local area.

#### Active Lifestyles

Derbyshire is a great place for physical activity with country parks, trails, hills, reservoirs, woodland and parks. From walking, running, cycling to climbing swimming and hang-gliding, there is something for everyone.

We're on hand to help you manage your weight and keep active. We're involved in several schemes around the county that aim to help you have a healthy lifestyle.

**[www.derbyshire.gov.uk/activelifestyles](http://www.derbyshire.gov.uk/activelifestyles)**

#### Live Life Better Derbyshire

Live Life Better Derbyshire is a healthy lifestyles service that offers free help and support on issues such as weight management, stop smoking and an active lifestyle.

**[www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)**

#### Walking for health

Join a walking for health group. You can find out more information about groups at **[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)**

## Five Ways to Wellbeing.



Find out more about the Five Ways to Wellbeing at

**[derbyshire.gov.uk/wellbeing](http://derbyshire.gov.uk/wellbeing)**