

# 5 ways to... wellbeing

TWO

BE  
ACTIVE



The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Getting active can make you feel good and keep you healthy.

Why not try some of these...

- Dance to your favourite song
- Walk a dog
- Hula hoop
- Join a sports team
- Play a game in the playground
- Walk or cycle to school
- Help in the garden
- Run a race with friends
- Make up your own sport

What ideas  
can you think  
of to...

BE  
ACTIVE

Find out more about the  
Five Ways to Wellbeing at:  
[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)