# Let's get P NVS CZ

# **Suggested Activities:**

Choose active travel

Active walking breaks

## **How physical** activity benefits mental health



Keep your brain healthy

- Walk to local shops
- Walk to the next bus stop

### Walking meetings

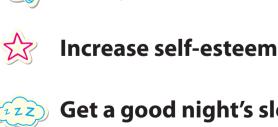
Explore your local parks, woodlands, countryside and coastlines

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!

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Get a good night's sleep

### Improve your mood

**Reduce anxiety and fatigue** 

