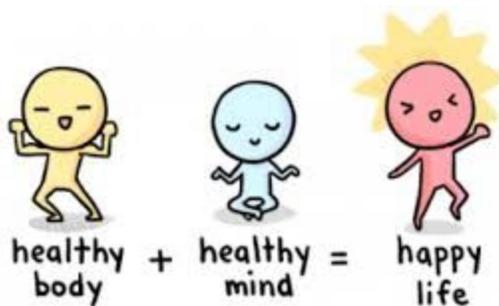




Safeguarding and Welfare

Spring 2020



There are many reasons why physical activity is good for your body – having a healthy heart and improving your joints and bones are just two, but did you know that physical activity is also beneficial for your mental health and wellbeing?

Research shows that just 10 minutes of physical activity can have a positive effect on your mental health and wellbeing.

What is wellbeing? The government defines wellbeing as 'a positive physical, social and mental state'.

Mental wellbeing does not have a single universal definition, but it does encompass factors such as:

- The sense of feeling good about ourselves and being able to function well individually or in relationships
- The ability to deal with the ups and downs of life, such as coping with challenges and making the most of opportunities
- The feeling of connection to our community and surroundings

- Having a sense of purpose and feeling valued

Of course, mental wellbeing does not mean being happy all the time, and it does not mean that you won't experience negative or painful emotions, such as grief, loss, or failure, which are a part of normal life. However, whatever your age, being physically active can help you to lead a mentally healthier life and can improve your wellbeing.

What impact does physical activity have on well-being?

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

Exercise not only has a positive impact on our physical health, but it can also increase our self-esteem. Self-esteem is how we feel about ourselves and how we perceive our self-worth. It is a key indicator of our mental wellbeing and our ability to cope with life stressors.

Physical activity has been shown to have a positive influence on our self-esteem and self-worth. This relationship has been found in children, adolescents, young adults, adults and older people, and across both males and females.

Physical activity does not have to be a trip to the gym!

House work, gardening, walking to school etc. all contribute towards a healthy lifestyle.

There are lots of things you and your family can do to keep active:

- Playing in the park (take a football, rounders set etc.)
- Going for a walk or a bike ride
- Swimming
- Ice-skating (for those who like an element of danger!)

If you have more time there are lots of local places to visit, including Ferry Meadows, where they have lots of activities during the holidays.



Check out the Vivacity website for other active activities you might want to try including family sessions at our local pools.

The logo for Vivacity, featuring the word "Vivacity" in a stylized, brush-stroke font. The letters are primarily purple with pink and red highlights, giving it a vibrant, energetic appearance.

Peterborough
Culture and Leisure

<https://vivacity.org/>

