



MY CLUB AND EXERCISE



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?]

We need to change the way we view physical activity in the UK in order not to see it as something we ‘have to do’, ‘should do’ or ‘ought to do’ for our health, but as something that we do because we personally value its positive benefits to our wellbeing.

Being active doesn’t have to mean doing sport or going to the gym. There are lots of ways to be active.

It is also essential to acknowledge that we must exercise responsibly; with a focus on our health and wellbeing and not getting a quick fix fitness programme were you deny your body nutrition and fuel to lose weight or using exercise a way to cope with difficult situations and over –doing it and harming yourself in the process.

Exercising responsibly can make a massive difference to you mental wellbeing.

