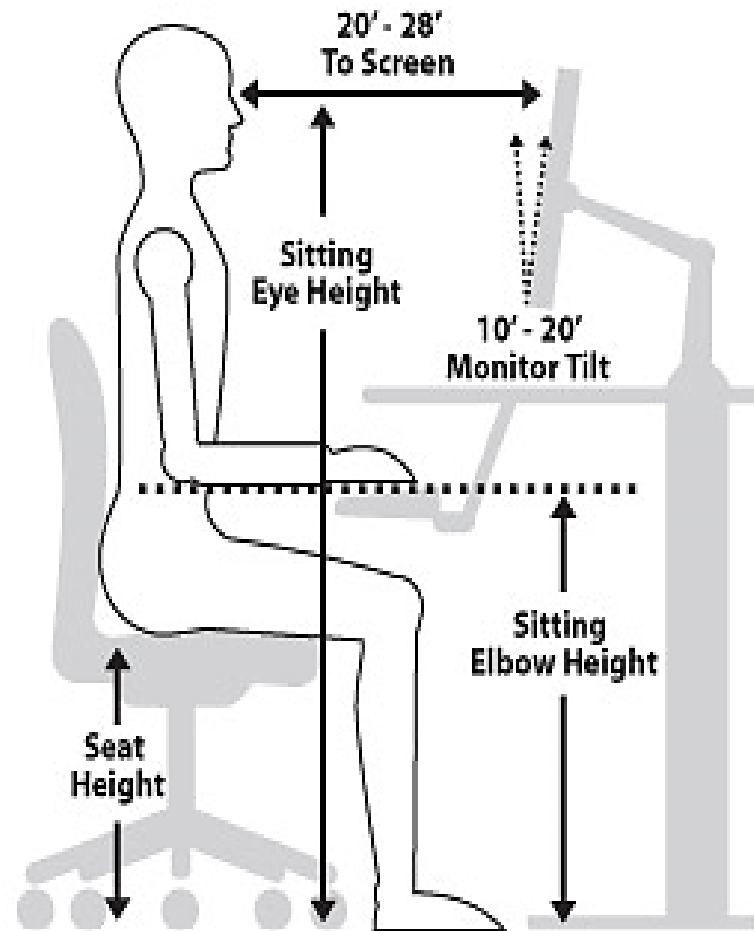
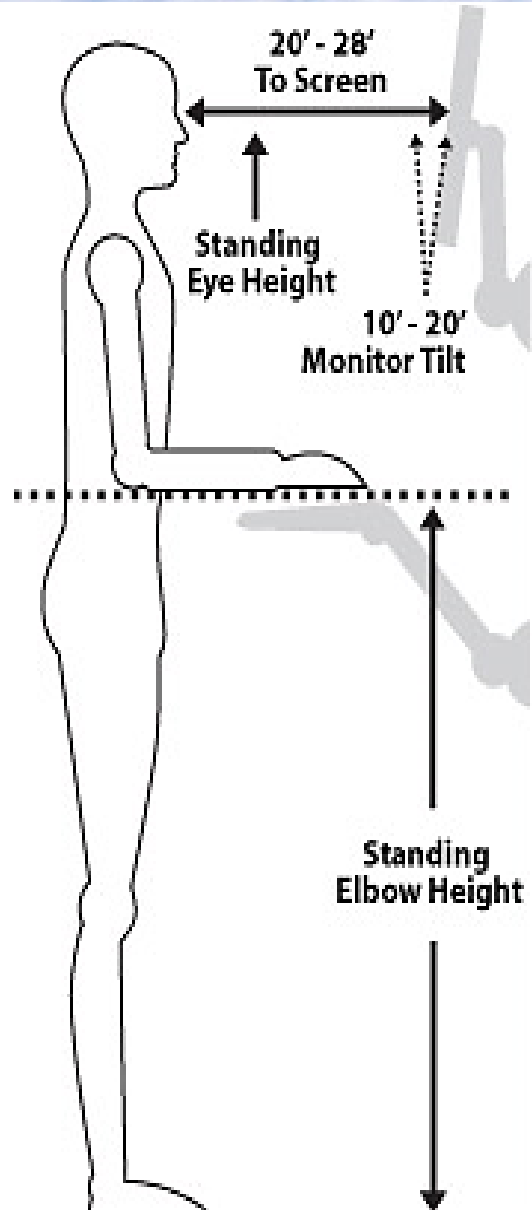
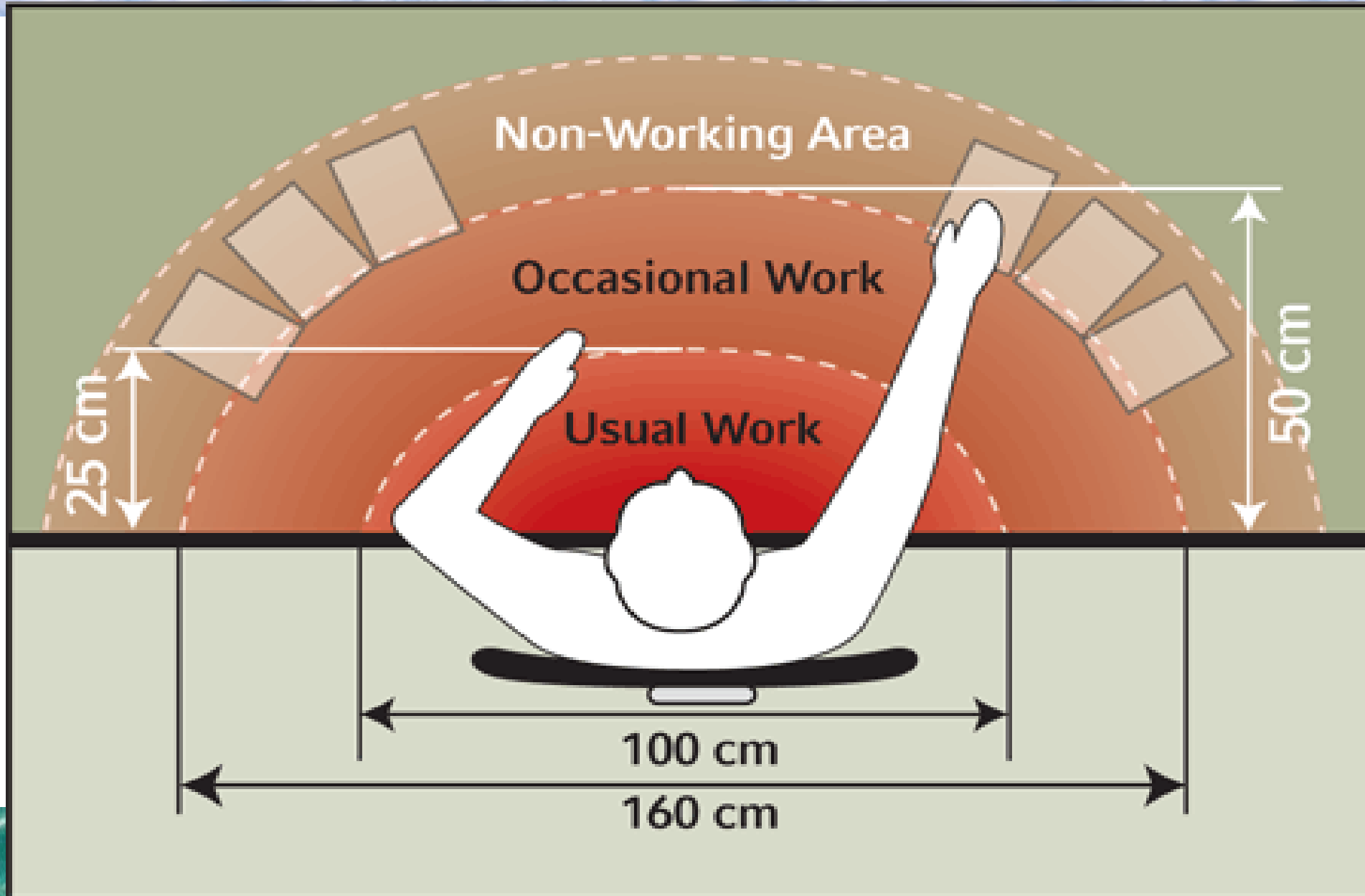


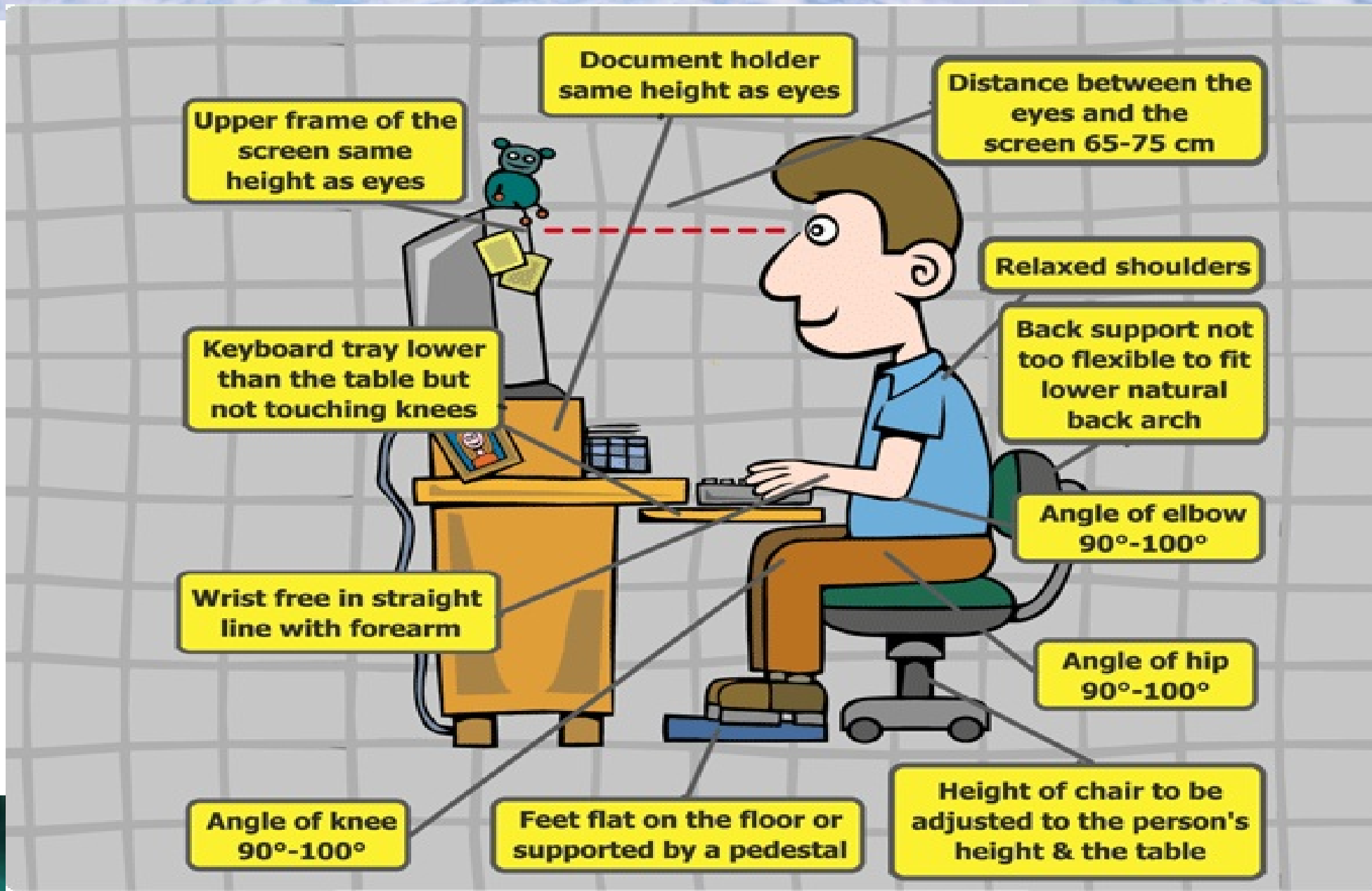
“INVESTING IN YOUR PERSONAL ASSET-YOUR BODY”







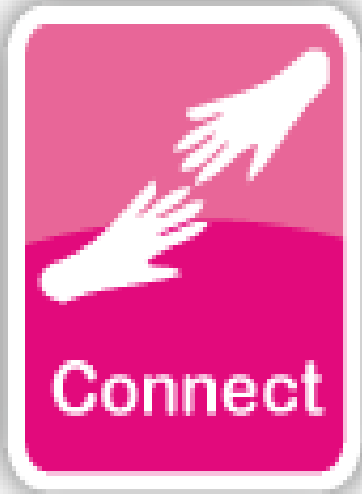




Simple Changes



Simple changes



5 Ways to Wellbeing


What are the health benefits of physical activity?






Physical activity and mental health

Being physically active:




Protects against mental health problems




Decreases depression in older adults



Reduces the symptoms of post natal depression



Is as effective as medication for mild to moderate anxiety and depression



Improves self-esteem and cognitive function in young people



Playing sport reduces psychological distress by

34%

1-3 times a week



47%

4+ times a week



People who participate in sports clubs and organised recreational activity enjoy better mental health.



any
questions?