

8 HEALTHY HABITS HABIT 7



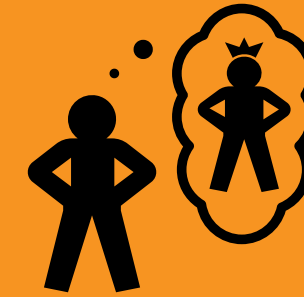
BE ACTIVE FOR AT LEAST 1 HOUR A DAY, EVERY DAY

Being physically active:



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

improves self esteem and cognitive function



can reduce anger and irritability



can provide a sense of value, belonging and attachment.



Ride or walk to school or work



Plan regular walks or jogs with friends



Try online yoga or pilates

Dance to your favourite music



Physical activity should be fun, non-repetitive and social. Choose an activity that is right for you.



Join a team sport

Shoot hoops at the park



Go to the skate park



Swim at the beach or local pool

Set goals

Set realistic goals and make small, lasting changes to set yourself up for success.

Make a habit

Do something active at about the same time every day so it becomes part of your regular routine. Put it on your schedule or set reminders so you're less likely to miss it.

