

Physical Activity for Mental Wellbeing

‘Movement is medicine.’ As well as physical health conditions, physical activity can play a crucial role in preventing and managing mental health conditions. It has a positive effect on wellbeing.



I don't feel so stressed and anxious. It's as if I've burnt off all my worries. I feel calmer and more relaxed."

Benefits of physical activity



Improve your energy levels



Help with weight management



Help you sleep better



Improve your self-esteem



Improve your motivation



Release feel good endorphins

How do I contact you?

0333 222 0710

enquiries@vhg.co.uk

vitahealthgroup.co.uk

Lower your risk of:

Type 2 Diabetes - up to 40%

Cardiovascular disease - up to 35%

Depression - up to 30%

Some cancers - up to 30%

All-cause mortality - up to 30%

There is a link between long term pain or health conditions, and mental wellbeing, so preventing physical health problems in the long term can also help prevent depression in future.

NHS Recommendations

150 minutes of moderate intensity physical activity each week, such as a brisk walk or a gentle bike ride.

Or

75 minutes of vigorous intensity physical activity a week, such as a run or a uphill bike ride.

Including

X2 strength sessions a week working all major muscle groups, such as weight/resistance exercises, DIY, moderate gardening, Yoga or Pilates.

How to improve your activity levels



Find something you enjoy

Anything involving continuous physical movement that you enjoy for example gardening or playing sports.



Try the five minute rule

Try to do just 5 minutes of an activity to get started, after 5 minutes you're usually a little more motivated to want to do more.



Meet up with others

This can help improve your motivation, enjoyment and adds a social element to your activities.



Plan ahead and prioritise

Treat your physical activity session like an important appointment you can't miss.



Set a goal

This will help keep you focused and measure your progress, so you can reward yourself for your achievements.



My depression manifests itself in the form of intrusive thoughts, leading to guilt and anxiety. Being active helps me clear my mind and keep in control of my depression, not letting anxiety disrupt my life."

How do I contact you?



0333 222 0710



enquiries@vhg.co.uk



vitahealthgroup.co.uk

Making People Better



Services provided by

vita
health group
Part of Spire Healthcare