



An Easy Read Guide to Exercising and Mental Health

Some good ideas to help you stay
healthy and happy



What is Mental Health?



Mental Health is part of being healthy

Mental Health is about how we feel inside



Sometimes we feel good

When we feel good we feel happy and relaxed



Sometimes we do not feel good.

When we do not feel good we feel sad
or worried or anxious.



There are things you can do to help you feel good!

Exercise is a great way to make you feel good.

What can we do?



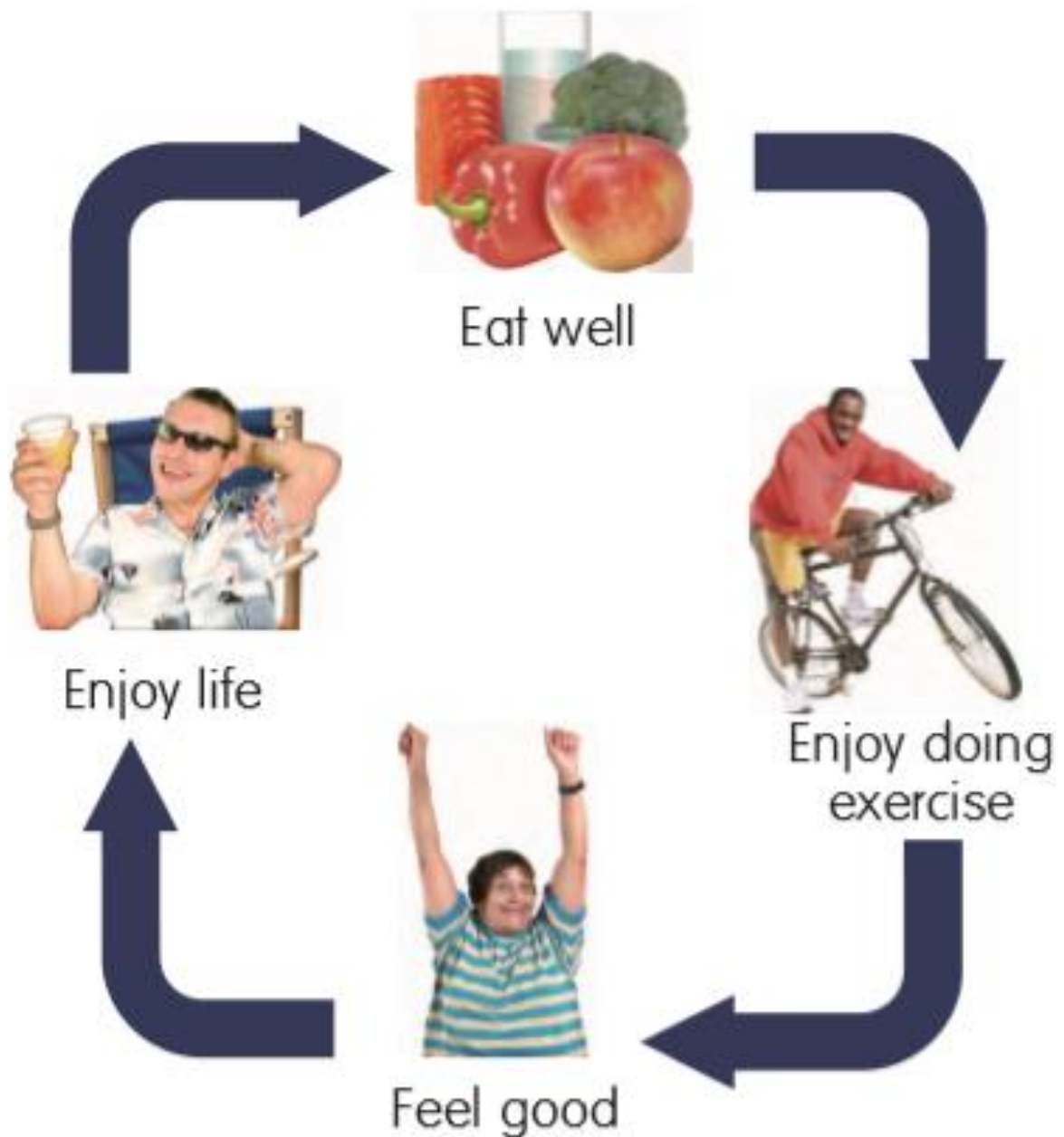
Find an exercise or physical activity you like to do.

Make this exercise part of your weekly routine.

Keep trying lots of different exercises.

The circle of good life

This is the circle of having a good life. If you eat well and exercise it will help you will feel good.



What exercises help to keep us healthy?



Badminton



Cycling



Bowling



Boxing



Dancing



Dog walking



Football



Gardening



Housework



Keep Fit



Basketball



Running

What exercises help to keep us healthy?



Skipping



Stairs



Swimming



Table Tennis



Tennis



Trampoline



Walking



Gym



Physio



Yoga



Chair exercises



Rowing

Physical Activity Pyramid

This is a physical activity pyramid

- We should do activities from the bottom of the triangle every day like hoovering, gardening, stepping, climbing stairs, walking, cleaning and other household chores.
- We should do aerobic exercises 3-5 times a week which can include running, skipping, swimming, kayaking, canoeing, and playing sport
- We should do strength and flexibility exercises 2-3 times a week which can include yoga, aerobics, golf, and bowling
- We should cut down on activities from the top of the triangle including watching TV and DVDs.



Why is Exercise Good for You?

Exercise is really good for us!
Here are just some of the ways it will help you:



Feel Fitter



Have More Energy



Keep Down Weight



Sleep Better



Feel Stronger

Feel more Relaxed



What will Help?



Make a plan about what exercise you would like to do



Set goals that you can do. Don't make them too hard.



And don't worry if things don't work the 1st time- have another go!