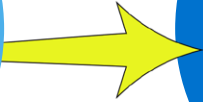


Common Barriers To Activity

Feeling nervous when starting something new is very common and completely normal.

Being active can help to improve your body strength and physique.



This can improve your self esteem and confidence.



This in turn can improve your mood and anxiety.



! Don't focus on what you can't do, focus on what you can. !

Many people have found motivation by volunteering at free events such as parkrun.

Exercising with friends and family who you trust is a helpful way to overcome anxieties.

Is there anyone who is very active you look up to? Maybe they can be an inspiration.

Speak to school teachers about how you can participate in different sport activities or after school sports clubs.



You may want to try 15 minutes of studying followed by 5 minutes of exercise.



'chunking' studying with activity breaks can make you more productive and can help with remembering key facts.



There can be an improvement in productivity if activity is incorporated alongside studying.

Make small changes to your routine to add activity. Like getting off the bus a stop early and walking home.

Make activity a part of your daily routine.

Any type of movement counts as activity.

Look for times in your day and try to schedule activity accordingly.

If you don't feel confident exercising in public, try and be active at home. Check out our resource on activity at home for some ideas.

Activity is known to have numerous protective effects on the brain as well as cognitive benefits.



Especially for memory and learning.