

We need to be active!



- Sport and physical activity deliver immediate mental health and social benefits, while having a long-term positive impact on our physical health.



- Eating well, moving more and keeping your weight within a healthy range could help cut your risk of getting serious diseases in the future.

The facts...



- **6 in 10 adults** in England are overweight or living with obesity
- People living with obesity are **twice** as likely to be hospitalised with Covid-19
- More than **1 in 3 men** and almost **half of all women** are not active enough for good health

What can we do at home?

join the movement

- All about simple, fun and free ways to get active, both indoors and outdoors, that anyone can enjoy safely.



<https://www.sportengland.org/jointhemovement>



WE ARE UNDEFEATABLE

- Inspiring and supporting the **one in four** people in England with a long-term health condition to build physical activity into their lives.

<https://www.weareundefeatable.co.uk/>

THIS GIRL CAN



- This Girl Can believes that there's no "right" way to get active. However you jiggle, kick, lift, stretch, or sprint, it's time to get moving how you damn please.

<https://www.thisgirlcan.co.uk>

For further information contact Energize STW

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