

"Boxing has  
saved my life"

Ben



# HOW PHYSICAL ACTIVITY

**CAN HELP YOUR  
WELLBEING**



**NHS**  
North London  
NHS Foundation Trust



**ISLINGTON**  
For a more equal future

# Benefits



Being physically active improves your mental health because it can:

- Lead to a happier and healthier life
- Reduce your risk of depression
- Improve your quality of sleep
- Improve memory and brain functioning
- Provide opportunities to be sociable and meet new people
- Improve confidence and a sense of self-worth

“I felt really good after each session”

Anna

**Being active can help in the treatment of many conditions including depression, stress and anxiety.**

**Activities involving movement and muscle-strengthening exercises are recommended to gain these benefits.**

## Organisations offering mostly free activities that can improve your wellbeing include:

- Active Spaces programme. Fitness sessions in community centres
- Arsenal in the Community. Bowls, fitness, football, weight management
- Community centres offer a wide range of activities
- Cycle training and maintenance classes
- Islington's seven leisure centres including membership offers
- Healthy Generations. 80+ exercise classes
- Islington Borough Ladies Football Club. Football for women and girls
- Islington Mind. Boxing, fitness, qi gong
- North London NHS Foundation Trust. Football, swimming, tennis, walking/running; referral only
- Parks and nature reserves in Islington, including wellbeing walks
- The Stuart Low Trust. Gentle exercise, nature walks, mindful movement, yoga

"Being active helps my health, confidence and social skills"

John

"Engagement in physical activities has significantly improved my overall wellbeing"

Heidi



### Tips to get started

- Wear decent footwear
- Start the activity slowly
- Create a routine
- It may help do the activity with someone else or while listening safely to music

"The walking group is a form of therapy. It does as much good for my mind and mental health as it does for my legs and physical health."

**Martin**

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Find out how easy it is to get active by using the QR code or visit [islington.gov.uk/active](https://islington.gov.uk/active)

All quotes are by Islington residents