



“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](http://islington.gov.uk/active)

All quotes are by Islington residents