





















Gwent Five Ways to **Wellbeing** Network

be active - how?

-  Take the stairs instead of the lift
-  Park as far away from your destination as possible
-  Use public transport rather than driving (+ )
-  Get off the bus one stop earlier (+ )
-  Walk more, a pedometer can help you keep track of how many steps you are taking a day (+ )
-  Cycle to work (+ )
-  Join a gym
-  Get an exercise buddy to keep you motivated (+ )
-  Go to an exercise class (+ )
-  Go shopping in town or the supermarket instead of internet shopping
-  Put some music on while doing the housework and have a dance at the same time!
-  Don't use the TV remote, get up and change the channel manually instead

How else could you be active...?

For more information and tips on how to look after your wellbeing visit www.publichealthwales.org/gwentfiveways



be active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.