



# Keep moving !

## 50 Reasons to be Physically Active



01. Lifts your mood

02. Improves learning abilities

03. Builds self-esteem

04. Keeps your brain fit

05. Keeps your body fit & able

06. Boosts mental health

07. Boosts your immune system

08. Reduces stress

09. Makes you feel happier

10. Has anti-aging effects

11. Improves skin tone and color

12. Improves sleeping patterns

13. Helps prevent strokes

14. Improves joint function

15. Improves muscle strength

16. Alleviates anxiety

17. Sharpens memory

18. Helps to control addictions

19. Boosts productivity

20. Boosts creative thinking

21. Improves body image

22. Gives you confidence

23. Helps you keep focused in life

24. Improves eating habits

25. Increases longevity

26. Strengthens your bones

27. Strengthens your heart
28. Improves posture

29. Prevents colds

30. Improves appetite

31. Improves cholesterol levels

32. Lowers risk of (certain) cancers

33. Lowers high blood pressure

34. Lowers risk of diabetes

35. Fights dementia

36. Eases back pain

37. Decreases osteoporosis risk

38. Reduces feelings of depression

39. Prevents muscle loss

40. Increases energy and endurance

41. Increases sports performance

42. Increases pain resistance

43. Improves balance and coordination

44. Improves oxygen supply to cells

45. Improves concentration

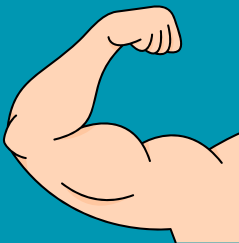
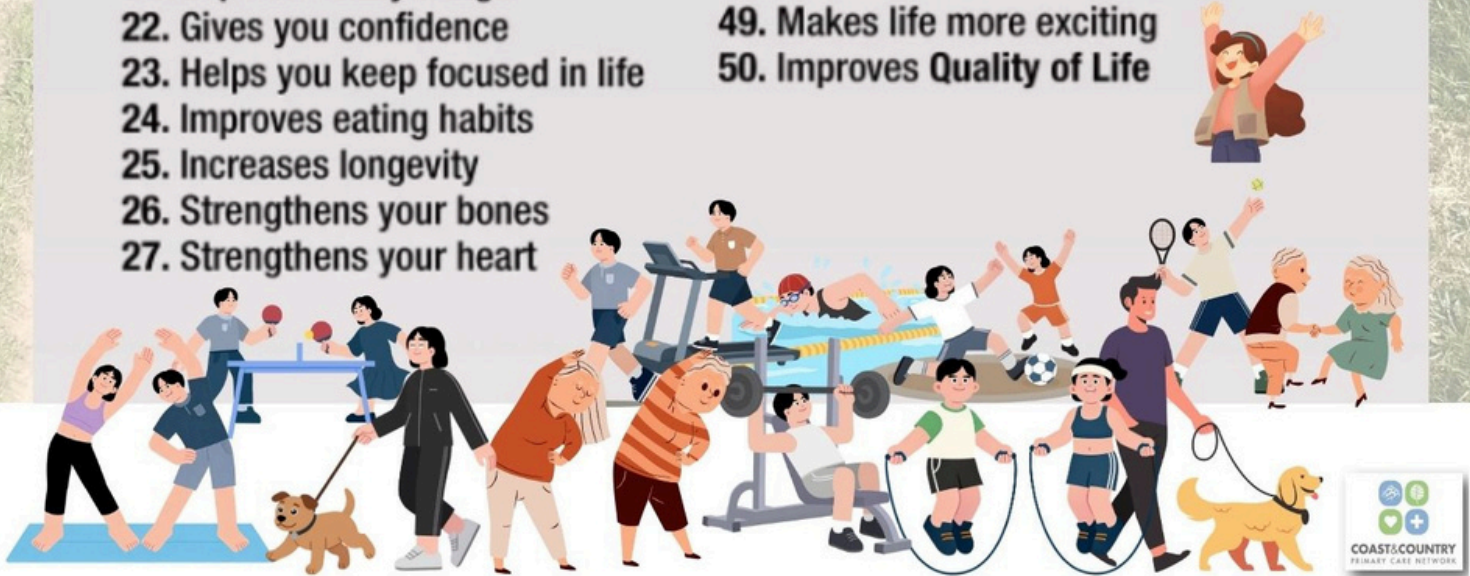
46. Helps with self-control

47. Lessens fatigue

48. Increases sex drive & satisfaction

49. Makes life more exciting

50. Improves Quality of Life



### Bude Sensory Nature Group



Creative spaces dementia nature-based activities - helping to reduce social isolation and enhance their physical wellbeing.

### Exercising for Mobility,Bude



Fun Chair-based Fitness for people of all ages. An opportunity to meet friends, old and new.

### Healthy Cornwall



Healthy Cornwall - are you ready to make the healthy choice? No matter what your age or ability, they can help you lead a happier, healthier lifestyle.

### Being more Active with Long-term Health Conditions



Every move enables more. Find out how to get active whilst living with a health condition today.

### Move2Music Adult SEN Course



Lisa Wood's Fitness Move2Music adapted fitness for adults with SEN. Carer must attend and take part if they wish!

### Healthwise Bude Leisure Centre



The program is intended for Cornwall residents and aims to help individuals who are not currently active due to medical issues

### Bude Seals Open Water Swimmers



An inclusive, friendly group where we support and encourage each other whether newbies or experienced Swimmers/ dippers.

### Bude Wellness Warriors Walks



Join us (men of Bude) on the second Sunday of each month for a 6-10 mile hike in some of the most beautiful locations in Cornwall and Devon.

### Bude Walk and Talk



Bude Walk and Talk is an independent walking group. "Walking with us can seriously improve your health"

