Staying active has never been more important however, many of us are finding it difficult. You can make a big difference by supporting the people around you to stay active.

**Physical activity.**
Being physically active doesn’t have to mean going to the gym or playing sport. It’s about moving more. Whether that’s walking, cycling, gardening, dancing or playing family games – it all counts.

- Any activity is better than none
- Every minute counts
- People who are least active have the most to gain
- It’s never too late to get started!


**Top Tips for Getting Active.**
1. **Choose activities you enjoy** – you’re far more likely to keep it up
2. **Setting goals** and **making a plan** can really help
3. **Make small changes** in your routine including 10-minute chunks of activity
4. **Build new habits** that you enjoy daily
5. **Get outdoors** if you can to boost your mood and reduce anxiety
6. **Start slow** and build up gradually
7. **Pace yourself** and listen to your body – only do what’s comfortable
8. **Buddy up** with a friend to motivate each other and have fun!

To read more go to: [SportEngland.org/JoinTheMovement](https://www.sportengland.org/)

**Being physically active is great for our mental and physical health.**
Being active can:
- Reduce feelings of stress, anxiety, and low mood, and lift self-esteem
- Support people to feel more connected and less isolated
- Prevent falls and fractures and help people live independently
- Manage and prevent more than 20 different health conditions including Type 2 Diabetes, Stroke and Dementia

**Your conversations can support people to be active.**
Focus on what’s important to them. And avoid telling someone what to do. Think about asking open-ended questions, actively listening, encouraging and signposting.
To learn more go [here](https://www.getberkshireactive.org/) (MECC E-learning).

**There are lots of free resources to help people be active.**
Here are just a few:
1. GBA [Stay Active At Home + Activity Finder](https://www.sportengland.org/)
2. [We are Undefeatable](https://www.getberkshireactive.org/) Resources
3. PHE [Stay Active at Home](https://www.gov.uk/government/publications/national-guidance-on-physical-activity) Booklet
4. [Fall-Proof](https://www.getberkshireactive.org/) Resources (hard-copy available)
5. NHS [Fitness Studio Online](https://www.getberkshireactive.org/)
6. [Couch to 5K](https://www.getberkshireactive.org/) and [Active 10](https://www.getberkshireactive.org/) Apps
7. Local activity directories for [Reading](https://www.getberkshireactive.org/), [Wokingham](https://www.getberkshireactive.org/) and [West Berkshire](https://www.getberkshireactive.org/)