

Cultivate: Movement

Being more active has been shown to have positive effects by reducing the risk of chronic health problems and supporting a healthy mind.



Benefits of regular exercise

Happy Heart health

Aerobic exercise like running or swimming strengthens the heart and promotes blood flow to the brain.

Happy Hippocampus





















Regular exercise plays a part in supporting cell growth in the hippocampus which plays a key part in emotions and memory.

Get a cognitive kick

Moderate to intense exercise (30 mins+) boosts neurochemicals in the brain which impact positively on memory, attention and thinking.

Increasing your physical activity and moving more

Use this worksheet to tick off activity you do currently and any you would like to do more of (no pressure!). Use it in combination with the exercise diary to try and schedule more physical activity and create more opportunities to move.

									
Walking		Running		Swimming		Football		Tennis	
I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more
									
Cycling		Weights		Dancing		Climbing		Table Tennis	
I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more
									
Yoga		Martial Arts		Basketball		Skipping		Rugby	
I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more
									
Cricket		Calisthenics		Golf		Aerobics		Boxing	
I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more	I do this already	Would like to do more

Activity Diary

You can use this space to record your physical activity you do on a weekly basis. Use it record planned activity and whether this was completed as well as completed activity that wasn't planned. Have a go at doing this for a couple of weeks to get a baseline, and then introduce some more planned activity and see if that makes a difference.

Week beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Planned: Completed:						
Afternoon	Planned: Completed:						
Evening	Planned: Completed:						
Time spent walking (mins/hours) or total number of steps:							
Mood (1-10)*							

*(out of 10: 1 worst I've ever felt... 5 okay... 10 best I've ever felt)

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