

# Spring into Wellness

## Factsheet - Physical Activity Challenge



### Get active with 5k a day!

Being physically active in any capacity has been proven to reduce feelings of anxiety and contributes positively to mental health and well-being.

Exercise can come in many forms from gardening through to walking, cycling or running, or even following an online PE session with the kids.



You can choose to **get active any way you wish**, however, below will give you some idea of how you begin to run, walk or cycle 5k a day.

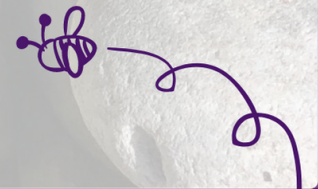
### Charting your activity

If you want to keep a record of how you are progressing or if you have set yourself a target you can chart your progress easily by **using the Strava app**, details on how to use the App are contained in the link below.



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## Some ideas to get you started!



**5k a day** - Pick a distance and aim to complete it each day, whether **running, walking or cycling** the best way to start any activity is to plan and make it achievable for you. Taking on too much or too little soon leads to disinterest in the task you have set yourself.

There are some excellent resources and training plans online, plus one attached at the back of our fundraising pack to help you.

To encourage people to support you, use Strava to chart your progress and share regular updates on social media. For ease, also set up a JustGiving page, details on how to do this are contained within your pack. This is a simple and easy way to collect donations for Action Mental Health and share milestones on social media.



Make sure you have the correct equipment before you start, that you have sensible running shoes, your bike is roadworthy and you have a helmet etc.



All of this may seem like common sense, but research shows that time and time again people setting off on an activity without planning and preparing are more likely to injure themselves or give up. Please do remember to look after yourself and not do anything that may add to the burden on our NHS.

As with all of this, **enjoy what you are doing!** And we are delighted that you plan to raise vital funds for Action Mental Health.

## Additional resources

Please also check your **fundraising pack** for further resources on how to set up a just giving page, how to use social media to promote your event and much more.

**How to set up Strava:** <https://www.runnersworld.com/beginner/g25619156/what-is-strava/>

**Parkrun routes:** <https://nirunning.co.uk/parkruns/>

Remember to adhere to all government guidance and regulations at this time.