LET’S KEEP ACTIVE!

MAINTAIN OUR HEALTH AND WELLBEING

We now have a greater understanding of the positive contributions sports and physical activity make to the many aspects of life in the DF including general wellbeing, esprit de corps, mental wellbeing and lifelong learning.

WE SHOULD ALL TRY AND AIM TO ACHIEVE

30 MINUTES OF ACTIVITY A DAY AT LEAST 5 DAYS A WEEK

BENEFITS OF PHYSICAL ACTIVITY
IMPROVES YOUR MOOD AND HELPS YOU SLEEP
REDUCES STRESS AND ANXIETY
ENHANCES YOUR SELF ESTEEM
HELPS WITH IMPROVING YOUR IMMUNE SYSTEM
MAINTAIN A HEALTHY WEIGHT

Participation in sports and physical activity is effective in reducing depression, anxiety, psychological distress and emotional disturbance.

KEEP ACTIVE!

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