

Keeping Active

When we are tired or stressed, being active feels like the last thing that we want to do. However, **regular physical activity** actually **increases your energy** levels.

It doesn't have to be high intensity physical activity. Even a walk with your baby or toddler is enough. If it is hard for you to get out to the park or gym, then there are lots of activities you can do at or from home. This may include stretching, exercises from a Yoga or Pilates DVD or book. Your local library may have DVDs or books on exercise.



Keeping active is important. Try to:

- Include some activity every day, make it part of your routine
- Start small, even 5 minutes will add up over the day!
- Explore some activities that you can easily do from home, like yoga or stretching.

Think about your exercise and activity

1. Write down one thing that you can do to keep active.

2. How can you make it happen?

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