

TWO

**BE  
ACTIVE**

**The Five Ways to Wellbeing** are simple things to do everyday that can help you to feel happier and more positive.

**Getting active can make you feel good and keep you healthy.**

**Why not try some of these...**

- Dance to your favourite song
- Walk a dog
- Hula hoop
- Join a sports team
- Play a game in the playground
- Walk or cycle to school
- Help in the garden
- Run a race with friends
- Make up your own sport

**What ideas can you think of to...**

**BE  
ACTIVE**

Find out more about the  
Five Ways to Wellbeing at:

**[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)**