



GET ACTIVE TOGETHER

The Challenge

Get active with others this week.

Why is it important to get active together?

There are many reasons why physical activity is important for health. However, being active together has a number of additional benefits, such as helping us:

- develop social skills;
- learn a new activity or sport;
- work as a team;
- enjoy new experiences;
- establish active habits for later years;
- look after our mental health;
- encouraging behaviour change through working together and setting targets.

We may be more likely to stick to being active if we have the motivation of others.

Getting active together can be a great way to socialise and can be a great opportunity to spend time with family and friends. It is also a way of making new friends and feeling part of a community.

Ways to be active together

There are lots of ways to get active together, whether it is getting a friend involved in an activity we enjoy or trying something new with friends or family.

- Arrange to meet a friend to walk and talk!
- Organise a family swim.
- Plan a day outdoors with family or friends, e.g. visit the countryside/a farm, take a walk through woodland or along a canal.
- Walk, jog or run a [5K parkrun](#), or a [2K junior parkrun](#), near you at the weekend!
- Sign up for a new group activity or class, e.g. gardening club, dancing, bowling, ice-skating, table tennis, badminton, golf.

#activefuntogether