

10 reasons Sport & Physical Activity can improve your Mental Health



1 Increases confidence and self esteem



6 Improves decision making

2 Gives you a feeling of achievement



7 Helps you to feel in control



3 Improves sleep

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8 Reduces stress, anxiety and the risk of depression

4 Increased energy levels



9 Combats social isolation



5 Makes you feel good



10 Improves physical health

Top tips for getting started...



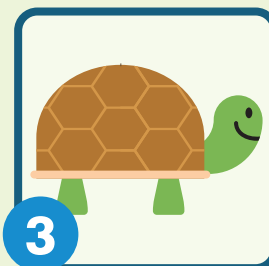
1

Find something that suits you



2

It doesn't have to cost money – go for a walk



3

Start slowly



4

Go with a friend



5

Set yourself goals and reward yourself

10 ffordd mae modd i Weithgarwch Corfforol wella'ch lechyd Meddwl



1 Gwella hyder
a hunan-barch



6 Gwella'ch gallu i
wneud penderfyniadau

2 Mae'n rhoi
ymdeimlad
o lwyddo



7 Eich helpu i
deimlo'ch bod
chi'n rheoli'r sefyllfa



Zz

3 Gwella'ch cwsg



8 Lleihau straen, gorbryder
a'r risg o ddioddef iselder

4 Lefelau egni uwch



9 Mynd i'r afael ag
arwahanrwydd
cymdeithasol



5 Byddwch chi'n teimlo'n dda



10 lechyd corfforol gwell

Dyma
5 awgrym
ar sut i
gychwyn



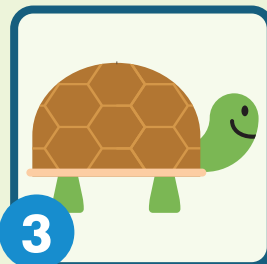
1

Dewch o hyd i
rywbeth rydych
chi'n ei fwynhau



2

Does dim rhaid i chi
dalau i wneud ymarfer
corff - ewch am dro



3

Dechreuwch
yn ara' deg



4

Ewch gyda ffrind



5

Pennwch nodau a
gwobrwo'ch hun