

# Physical Wellbeing

Being physically active is crucial for maintaining overall health and wellbeing. Regular physical activity offers a myriad of benefits that extend beyond just physical fitness. Exercise plays a pivotal role in enhancing cardiovascular health, improving circulation, and lowering the risk of heart disease. Additionally, it contributes to the development of strong bones and muscles, promoting better posture and balance.

Engaging in regular physical activity is also linked to improved mental health, as it releases endorphins, the body's natural mood lifters, and reduces stress and anxiety. It enhances cognitive function, supporting better concentration and memory. Furthermore, being active fosters social interactions, whether through team sports or group fitness activities, promoting a sense of community and connectedness. In essence, a physically active lifestyle is a cornerstone of a holistic approach to health, encompassing physical, mental, and social wellbeing.



## JUCD Wellbeing Timetable

Your Wellbeing Timetable provides a wealth of workshops, webinars, courses, clubs, activities, and dedicated colleague-support cafés which are FREE to access for our Health and Social Care colleagues across our organisations.



## Fitness Studio exercise videos

Try instructor-led exercise videos, including aerobic exercises, strength and resistance training, Pilates and yoga.



## Get running with Couch to 5K

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.



## Walks and trails

Derbyshire is excellent walking territory with a huge variety of opportunities to explore our stunning countryside, historic towns and villages, canals, rivers and much more.



## The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



Scan the QR codes to view useful resources associated.