



Introduction

'Motivation is what gets you started. Habit is what keeps you going

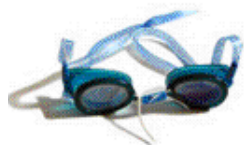
Jim Ryun

Who ever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of running marathons, cycling the Tour de France or swimming the Channel. Instead, imagine doing fun physical activities you enjoy and watch the health benefits follow!

Despite the proven benefits of physical activity, only 22% of people in Gloucestershire do the minimum activity required to benefit their health. Just knowing that physical activity is good for us doesn't mean that we'll easily be able to make it part of our daily routines it's sometimes difficult to adopt new habits. But it's important to remember that you can start out slowly and work your way up to a higher level of activity.

- Do you want a healthy body and mind?
- Do you want to keep up with your children?
- Do you want to raise a healthy family?
- Do you want to improve your chances of enjoying a retirement free of heart disease?
- Do you want to fit into that new dress for your daughter's wedding?
- Do you want to see new places and try new activities?
- Do you want to meet new friends?
- Do you want to have a better nights sleep?
- Do you want to feel more positive?
- Do you want to feel more energetic?

If you answered yes to any of the following and want more information on how to be physically activity please see the links on the left hand column.



Be Active

[Click here](#) to get involved in sport in Gloucestershire



Be Healthy

[Find out](#) how to Be Healthy in Gloucestershire

eNewsletter

[Click here](#) to sign-up for Active Gloucestershire's eNewsletter

Latest News

[Find out the latest news from Active Gloucestershire here](#)

