

KEEP WELL: PHYSICAL HEALTH

We all know that **keeping physically active** is one of the best ways to keep our **bodies and minds healthy**.



Being physically active doesn't have to mean running a marathon or training every day at the gym. Your ideal activity is one you enjoy doing and that fits into your schedule.

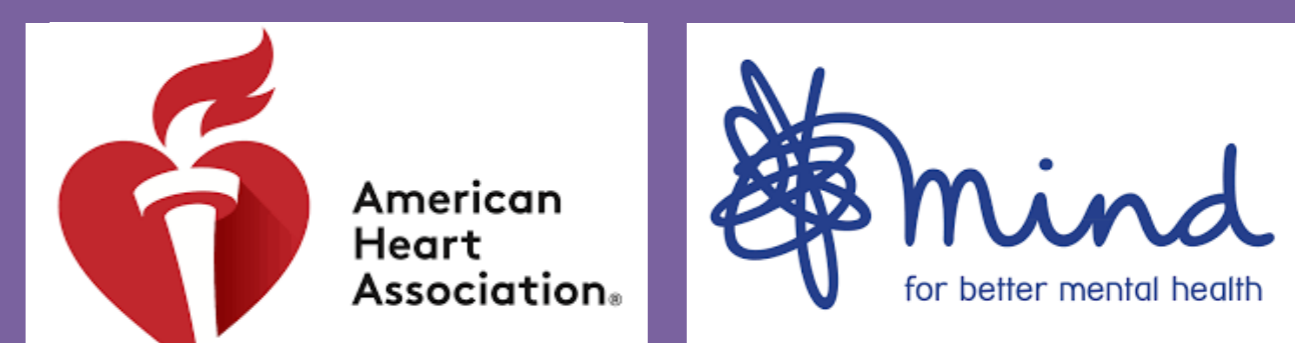
The amount of physical exercise you should do differs for everyone and it's important you only undertake what feels right for you currently, depending on your own personal circumstances. Check out **UCC's Keep Well** website for advice on how much and what kind of physical activity is right for you.

EVERY STEP COUNTS, SO GET ACTIVE!

UCC RESOURCES



ADDITIONAL RESOURCES



**GRADUATE
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