

LOOKING TO LIVE A HEALTHIER MORE ACTIVE LIFE?

The pressures of modern day life can make it difficult to live a balanced and healthy lifestyle. While many of us may aspire to reach the same fitness levels as players on the pitch, knowing where to start, without the support and structure in place, can be a challenge.

Chris Dunn, Senior Lecturer in Public Health at Solent University shares his top tips on steps you can take to live a healthier, more active lifestyle.



CONNECT WITH OTHERS

Social relationships are the cornerstones of our lives, promoting wellbeing and protecting against stress. Evidence suggests that those with stronger social connections have higher levels of wellbeing. **How could you invest time to develop the connections in your life, with friends, family, colleagues and neighbours?**



TAKE NOTICE OF THE WORLD AROUND YOU

With an ever growing to-do list and diminishing opportunities to unplug and take a breath, modern life can be demanding. Evidence suggests that those able to be present in the moment, aware of their thoughts and feelings, their body and what's going on around them, have improved their levels of wellbeing. **How could you make time to take notice of the present moment?**



KEEP LEARNING THROUGH ADULT LIFE

Learning something new is fun. We achieve new goals and it boosts our confidence and often connects us with others. Evidence suggests that those who keep learning through adult life have better wellbeing. **How could you create an opportunity to keep learning, to try something new or rediscover an old passion?**



GIVE TO OTHERS

Acts of kindness, as simple as a smile, a thank you, or volunteering your time and being an active member of a wider community can be very rewarding. Evidence suggests that those with a greater interest in helping others and contributing to community life have better levels of wellbeing themselves. **How could you create opportunities to give to others and see your happiness linked to the happiness of those around you?**



BE PHYSICALLY ACTIVE

Modern life pushes us towards inactivity and sitting down too often. Regular physical activity can prevent or manage more than 20 different chronic conditions and diseases and boost mental health. **How could you find enjoyable ways to be active, move and walk more in your daily life?**

TAKE THE NEXT STEP IN YOUR JOURNEY

Solent offer a range of specialist facilities, including fitness studios, nutrition laboratories and a public gym which can help you on your way.

See for yourself at our next open day on Saturday 14 March.

Start your journey today, visit
www.solent.ac.uk/fit-as-a-saint

