



Healthy  
Cornwall

# Learning Disability & Autism Team



## Be Active



Being active can help you to be healthy. It can help you to feel well too.



Being active makes you feel happy. It is good for your mental health.




Being active can help to make everyday tasks easier.



Being active helps your muscles and bones to stay strong.

# Be Active

	<p>Being active can improve your fitness.</p>
	<p>Being active can help your balance and mobility.</p>
	<p>Being active can help to keep your heart healthy.</p>
	<p>Being active can help you to meet new friends.</p>
	<p>Try to do two and a half hours of activity every week.</p>
	<p>Not being active can be bad for your health.</p>

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