



**FIND  
YOUR  
ACTIVE**





**Movement looks different to everyone! Find Your Active celebrates the fact that everyone can enjoy the huge benefits of moving more - it's just about finding what is right for you.**

We know that a boost of energy and movement can benefit our mental wellbeing but recognise the increased worry among residents around how to deal with what life throws at you.

Find Your Active wants to support residents across Essex, Southend and Thurrock to still remain active, in a low cost and fun way. Below you will find a number of free resources and opportunities which will help us all move more, without breaking the bank. In turn this will help to prioritise our mental wellbeing and take time away from our daily stresses.

**SCAN ME**



Find Your Active and visit:  
[www.activeessex.org/find-your-active/](http://www.activeessex.org/find-your-active/)

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It's generally changed my life. It has helped me socialise more and supports my mental wellbeing too.

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I know I'm not alone. I have Parkinson's, but this group has re-empowered me.

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