



**FIND
YOUR
ACTIVE**



1 in 10 adults, alongside **1 in 6** children and young people in Essex, are living with **poor mental health.**

Movement is a tool for friendship, health and resilience. Don't let your body and your age get in the way. Physical activity and community provides a much-needed anchor for your positive mental health.

It starts with one breath, one step and one small move, and you'll be surprised at what's on your doorstep. Our activity finder and community champions are here to help you **find your moment, Find Your Active, and move for your mind.**

I walk for my mind



activeessex.org/find-your-active



ActiveEssex



@findyouractive