



Local Minds working in partnership

**FIND
YOUR
ACTIVE**



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

Movement fuels connection, clarity and resilience. Don't let a busy schedule sideline your wellbeing. Whether you're navigating parenthood, caring for a loved one, or just managing life's daily demands, making time to move helps you feel more in control and more yourself.

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 move for my
mind*



**SCAN
ME!**



activeessex.org/find-your-active



ActiveEssex



@findyouractive