



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 is a powerful resource to add structure, boost your mood, and help you reconnect with others and yourself. Whether that be a quick kickabout, dance class or a walk with mates, it's more than just a break. It's your chance to recharge without a screen in sight.

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 bounce for my
mind*



**SCAN
ME!**



activeessex.org/find-your-active



ActiveEssex



@findyouractive