



RCGP Active Practice

# WHY MOVEMENT MATTERS

## LIFT YOUR MOOD

Regular movement releases feel-good chemicals, helping to reduce stress and improve mental health.

## STAY STRONG

Physical activity strengthens muscles, bones, and joints, keeping you active for longer.

## PREVENT ILLNESS

Being active lowers the risk of heart disease, diabetes, and some cancers.

## SLEEP BETTER

An active lifestyle promotes better sleep, leaving you feeling refreshed and energised.



Royal College of  
General Practitioners



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