

## Wild Weekend

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# GET OFF THE COUCH

*If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.*

**Hippocrates**

It's common knowledge that we should exercise more but, the moment we hear the word, we immediately want to pull the covers back over our heads. The word 'exercise' immediately conjures up images of flogging ourselves in a sweaty gym or hours pounding the pavements, but just going for a walk can make a huge difference to our physical and mental health.



Physical activity triggers the production of hormones that help lift our moods and facilitate creativity. It can stimulate new ideas and fresh thinking at any age. Exercise increases energy, blood flow and oxygen level, and improves brain function, including our capacity to concentrate and learn more. It also helps us maintain a healthy weight and sleep better. It's a no-brainer, our bodies have evolved to be active.

Being active doesn't mean you need to run a marathon or scale mountains (unless you want to). Start today. Take a few minutes and go for a walk. If possible, walk amongst nature and don't take your phone. Ten brisk minutes three times a week is a great start.

*Taken from Chapter 20 of 'Meee in a Minute: 60 Ways To Improve Your Life in 60 Seconds' by Sid Madge.*