



## 5. stay active



### Staying active:

- helps me sleep better
- gives me more energy
- relieves stress and worries

Making time when we are busy or things are tough matters.

Being active can help us get through tough times.

### Try:

- an online fitness program or a yoga class on Instagram Live
- encouraging your friends to join you in the push up challenge
- getting outside for fresh air
- having a living room dance party

These are all great free ways to keep up physical and mental health.