

# 5. FINDING YOUR WAY TO BE ACTIVE

After this challenge, you'll understand why you've been active (or not) and feel confident to stand up for yourself and try activities YOU actually enjoy doing.

## CHALLENGES

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**#1.**

(30 min.)



1. Write down the types of workouts or activities you've been doing until now.
  2. Next to each activity, explain why you're doing it and who or what it's for.
  3. What reasons can you think of to stay active that are just for you and not because of anyone else?
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**#2.**

(45 min.)



Talk to the people who say that you should be (more) physically active.

Ask them:

- Why do they want you to be (more) physically active?
- Why do they think it would be better if you were (more) physically active?
- What activities do they think are suitable for you?

Tell them:

- How you feel when they are telling you as they do right now: that you should be more active.
- What you would prefer to do more in terms of physical activities.
- What you need from other people around you to be physically active.



**Be active**

**Be well**



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# #3.

(10 days)



1. Discover what kind of physical activity gives you pleasure or a good feeling. Try 3 different activities over the next 10 days.

This could be a small walk of 20 minutes every day, going for a bike ride or a run, going to work/school by bike or on foot, doing yoga/pilates, going for a swim, playing football with other youths in the neighbourhood, etc.

2. After these 10 days having tried different activities, note down which one you have enjoyed the most or the one that was not that bad.



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**Be well**



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