

# Physically Active Recreational Pursuits that you do alone:\*

## Essential to your Health and Well-Being

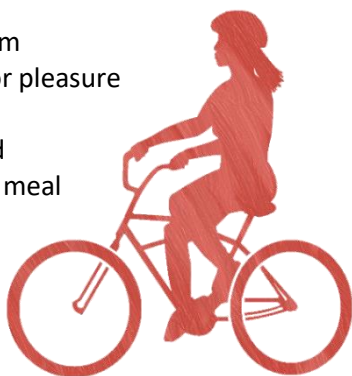


Created for mothers by Helen Bourke-Taylor PhD©

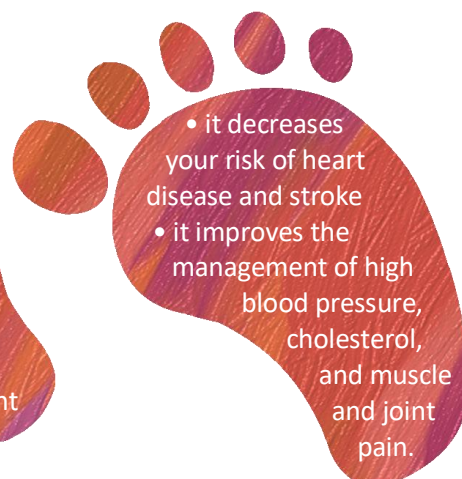
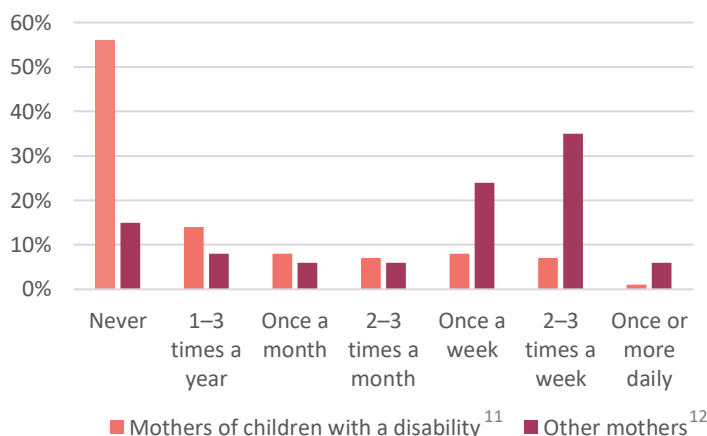
It is important to find time to participate in physically active recreational pursuits, whether alone or with others. Participating in physical activity by yourself has many benefits for physical and mental health and well-being. Whilst the key is activity, the benefits include feeling more relaxed and rejuvenated.

### Examples of active recreational pursuits which can be completed alone<sup>11</sup>

- swimming
- gym program
- shopping for pleasure
- woodwork
- cooking and preparing a meal for a social gathering
- walking
- cycling
- jogging
- gardening
- walking the dog.



### How often do mothers participate in physically active recreational pursuits alone?



## So what can I do? Steps towards change

*'I'm not that stressed but if I've got a thousand things to do the first thing to go is the gym for me. But now I think, "No, I just have to do that one," otherwise the rest of life is chaotic. And the gym gives me more energy.*

*Now I make sure that I do things for my health.<sup>15</sup>*

It is important to do activities that make you feel good and happy. Whilst there are many benefits of performing physically active recreational pursuits alone, there are also many benefits of performing these activities with others (see Fact Sheet 6). Regardless of whether you are physically active alone or with others, the only thing that matters is participation and enjoyment!

**Every little thing that you do for yourself is a step in the right direction.  
Your health and well-being is important!**

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

\*Item 2, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 5, 11, 12, and 14: See Fact Sheet 13 for full list of references.