

## 5 Ways of Wellbeing

Our aim is to give every member of the University community the opportunity to **BE ACTIVE**, try new things and develop.

Our Be Active programme has used elements of the [five ways to wellbeing](#) that have been developed by the New Economics Foundation, the purpose of the ways to wellbeing are to 'take care of yourself'.

*Here is how Be Active feeds into the fives ways to wellbeing:*

- **Connect** through our programme, meet new people or bring along people you know. This programme is catered for everyone, so do not be worried about rocking up - we have volunteers dedicated to ensuring we have a welcoming environment.
- **Be active**, it is all in the name of the programme. If you attend our sessions you will know that it does not matter what ability you have, we just want you to be active and most importantly have some fun!
- **Take notice** and be aware of the improvements you are making to your life, grab that motivation and make the positive choice to attend our programme. You will notice the benefits.
- **Learn** how to play a new sport or activity, we are not strict on the rules of the sports we offer but our session leaders will give you the knowledge to learn, enhance and adapt your skillset.
- **Give** back through our programme, we ask that you ensure that all attendees are made to feel welcome at all times. If you are interested in going one step further, why not volunteer for the Be Active programme?