

MANCHESTER
1824

The University of Manchester

SIXWAYS
to wellbeing

be *active*

Get yourself moving!

Exercise isn't just about keeping fit. Research shows that physical activity can help us think and feel positively.

It can be as small as taking the stairs rather than the lift or as big as running a 10K. Find a fun way to be **active** that fits with your schedule and abilities.

www.manchester.ac.uk/sixways

connect

give

take
notice

be **active**

be **healthy**

learn and
discover