



# Exercise Your Mind!

If you want to expand your knowledge of physical activity then this is the workshop for you.

The two hour workshop will cover:

- What is physical activity?
- Why is physical activity important?
- What works for different people and how often should I exercise?
- Perceived barriers
- Championing physical activity in your community or workplace.



For more information and to register your attendance please contact the Hackney Leisure & Physical Activity team on **020 8356 4897** or email [Darren.English@hackney.gov.uk](mailto:Darren.English@hackney.gov.uk)  
Web: [www.hackney.gov.uk/sports-employment-and-training](http://www.hackney.gov.uk/sports-employment-and-training)

 **Hackney**

  
*City and Hackney*