

# D.G. Domore introduces

## Dumfries and Galloway's PHYSICAL ACTIVITY STRATEGY



### WHAT WE ARE DOING AND WHY



We want everyone in Dumfries & Galloway to be more active in their daily lives. Being physically active helps prevent injury and illness, and also speeds up recovery. Here are some simple things everyone can do to help stay active and healthy.

### IMPROVE ACCESS



Think about what might be stopping you, or people you know, being more active - such as cost, travel distance, limited opening hours, or difficulty moving around or travelling.

We can help find other options that would suit you better. We'll try to make sure that everyone has opportunities to be more active.

### SPREAD THE WORD



Tell colleagues and friends where they can find out more about health and physical activity. Being active helps mental and physical health, reduces loneliness, reduces the risk of injury, and speeds up healing and recovery - that's good news for a lot of different people.

### INVOLVE EVERYONE



Over a third of adults and half of school-aged children in Dumfries and Galloway do not do enough physical activity to stay healthy.

If you know people who are less physically active, you can help them be more active. Visit the DGDDoingMore website for ideas and opportunities.

### WORK TOGETHER



There are hundreds of groups and organisations in Dumfries and Galloway which can play a part. If you're involved with one, please get in touch through [dgdoingmore.co.uk](http://dgdoingmore.co.uk). We can support what you're doing and put you in touch with other groups.

### MAKE ACTIVITY NORMAL



Physical activity is easiest when it's part of your normal routine. Small changes to how you get to work, or what you do in your spare time, can add up to big improvements in your overall fitness and health.

### HOW TO FIND OUT MORE

You can visit [dgdoingmore.co.uk](http://dgdoingmore.co.uk) to find opportunities to be more active. Groups and organisations can use the site to register for news and updates about physical activity. Learn more about the Physical Activity Strategy by scanning the QR code to read the strategy itself.



Dumfries &

Galloway

Together is Better

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