

Getting active



This easy read tells you about getting active, exercise, and moving more.

Why is it good to be active?



Sitting less and moving more is great for our physical and mental health.



Exercising more makes it less likely that you will get all sorts of illnesses.



Exercise can make you feel happier and less stressed.



There are lots of reasons why exercise is good for you, and you can [read more about it on the NHS website.](#)

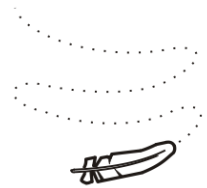
Things to think about before you start exercising



How active you should be is different for everyone. It depends on lots of things like how old you are and if you are already used to doing exercise.



You can see more about physical activity and [exercise guidelines on the NHS website.](#)



If you are not used to doing exercise, you should start gently and slowly increase the amount of exercise you do.



It can be bad for you to do too much exercise too soon if you are not used to it.

Finding activities in Nottinghamshire



You can search [Active Notts' database](#) to look for clubs and activities.



We have an [easy read document about walking, cycling and rights of way in Nottinghamshire.](#)



We also have an [easy read document about Nottinghamshire's green open spaces and country parks.](#)



You can look at [the Ramblers website](#) to find short, easy walks in your local area.

Your Health Notts



Your Health Notts gives support to children, young people, adults and families in Nottinghamshire.



Your Health Notts can help you to:



- Get active.



- Lose weight.



- Drink less alcohol.



- Stop smoking.



Your Health Notts can also help with making it less likely you will have a fall, and family weight management.



To see the most up to date information, please go to:



- [Your Health Notts website.](#)



- Phone: 0115 772 2515



- Email: yourhealth.notts@nhs.net



- X ([Twitter](#)): [@yhywnotts](#)



- [Instagram: yhywnotts](#)



- [Facebook: @yhywnotts](#)

Links in this document

Benefits of exercise- NHS

[nhs.uk/live-well/exercise/exercise-health-benefits/](https://www.nhs.uk/live-well/exercise/exercise-health-benefits/)

Exercise guidelines – NHS

[nhs.uk/live-well/exercise/](https://www.nhs.uk/live-well/exercise/)

Active Notts

makingourmove.org.uk/move-more/

Outdoor activities: easy read

nottinghamshire.gov.uk/global-content/easy-read-library/outdoor-activities-easy-read

Nottinghamshire's parks and open spaces: easy read

nottinghamshire.gov.uk/global-content/easy-read-library/nottinghamshire-s-green-spaces-and-country-parks-easy-read

Ramblers website

ramblers.org.uk/

Your Health Notts

yourhealthnotts.co.uk/

For the standard English web page version of this information, go to:

[Getting active | Nottinghamshire County Council](#)

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/getting-active>

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