



The Social Benefits of Being Active

Did You Know?

As your physical and mental health improve with physical activity, so might your social relationships! Research shows that being active may reduce your risk of depression, and boost self-esteem and feelings of happiness.

Living an active life isn't just about the physical outcomes. There can also be many social benefits such as spending time with a friend, getting to know your co-workers better, or meeting new people. By involving others in your activity, you're more likely to make it a habit and enhance your social life as well!

Ways to add a social component to your activity:

- **Run a race with a friend.** Have you always wanted to run a race, but couldn't motivate yourself to train? Sign up with a friend. Not only will you be motivated to push each other, but you will also have someone else to share and celebrate your accomplishment with at the end.
- **Attend a group fitness class.** Need to meet new people, but not sure how? Group fitness classes can be a great way to meet others. Whether you're looking for fellow yogis or Zumba friends, there are generally classes for all interests and ages.
- **Exercise with co-workers.** Especially if you work at a desk most of the day, guaranteed you aren't the only one who wants to get out and move more. Invite co-workers to go walking during lunch, or set up a fitness challenge in the office. You will all benefit from the exercise and get to know each other better!
- **Adventure outside with a group.** Instead of a weekly girls or guys night out, try a weekly hike or bike ride with a local club or organization. Exploring new areas and getting outdoors is a great way to socialize and be active at the same time.



No matter what your age, fitness level, or stage of life, incorporating physical activity can be a great way to meet others and socialize with friends.