



Óglaigh  
na hÉireann  
IRISH DEFENCE FORCES

# LET'S KEEP ACTIVE!

## MAINTAIN OUR HEALTH AND WELLBEING

We now have a greater understanding of the positive contributions sports and physical activity make to the many aspects of life in the DF including general wellbeing, esprit de corps, mental wellbeing and lifelong learning.

## WE SHOULD ALL TRY AND AIM TO ACHIEVE 30 MINUTES OF ACTIVITY A DAY AT LEAST 5 DAYS A WEEK

### BENEFITS OF PHYSICAL ACTIVITY

IMPROVES YOUR MOOD AND HELPS YOU SLEEP

REDUCES STRESS AND ANXIETY

ENHANCES YOUR SELF ESTEEM

HELPS WITH IMPROVING YOUR IMMUNE SYSTEM

MAINTAIN A HEALTHY WEIGHT

Participation in sports and physical activity is effective in reducing depression, anxiety, psychological distress and emotional disturbance.

## KEEP ACTIVE!



[www.military.ie](http://www.military.ie)

「STRENGTHEN  
THE NATION」