



Springfield Advisory

Together towards better mental health and well-being

Wellbeing Worksheet

Body Image and a Positive Relationship with Exercise

Moving for health, confidence and enjoyment

Why this matters

Many people avoid sport or physical activity because they worry about how they look or what others might think.

The truth is, most people are focused on enjoying the activity themselves, not judging anyone else. Sport is not about having the “perfect” body. It is about moving, having fun, improving your health and enjoying the benefits that physical activity brings to both your body and mind.

You do not need to be an elite athlete to enjoy exercise. Every step, every session and every effort is valuable.

A quick check in

Take a moment to reflect. Circle one number for each statement.

I feel comfortable taking part in physical activity.

1 2 3 4 5

I focus more on how my body feels than how it looks.

1 2 3 4 5

Exercise helps me feel healthier and happier.

1 2 3 4 5

There are no right or wrong answers. This is simply a chance to reflect.

Changing your perspective

**Take a moment to think about why you choose to be active.
Complete the sentences below.**

The main reason I enjoy being active is

When I finish exercising, I usually feel

The biggest benefit physical activity gives me is

Remember, exercise is about improving your wellbeing, not achieving perfection..

Exercise and wellbeing

The 5 Ways to Wellbeing

**Regular physical activity supports every area of wellbeing.
Tick what applies to you right now.**

Connect

- ☐ Spending time with others through sport or activity
- ☐ Feeling part of a community

Take Notice

- ☐ Appreciating what my body can do
- ☐ Enjoying how movement makes me feel

Give

- ☐ Encouraging others
- ☐ Helping people feel welcome and included

Be Active

- ☐ Improving my physical health
- ☐ Building energy and fitness

Keep Learning

- ☐ Developing new skills
- ☐ Growing in confidence

Circle the area that means the most to you.

Appreciating your body

Instead of focusing on appearance, focus on ability. Complete these sentences.

My body allows me to

One thing I am grateful my body can do is

One improvement I have noticed since becoming more active is

Your body is far more than how it looks. It allows you to experience life, movement and achievement.

Challenging negative thoughts

Many of us experience negative thoughts about our appearance. When they appear, try replacing them with something more balanced. Instead of thinking... "I don't look fit enough." Try thinking... "I am becoming healthier every time I move." Now write one of your own.

A thought that sometimes holds me back

A healthier replacement thought

Your positive intention

Choose one intention for your next activity.

☐

I will exercise because it makes me feel good.

☐

I will stop comparing myself with others.

☐

I will appreciate what my body can do.

☐

Other

☐

I will celebrate progress instead of perfection.

Final thought

Exercise should add to your life, not become another source of pressure. Your worth is not measured by your appearance, your fitness level or your performance.

Every person starts somewhere.

Every body is different.

Every step you take towards a healthier lifestyle is something to be proud of.

Move because it makes you healthier. Move because it makes you happier. Most importantly, move because you enjoy it.