Would you like to be more physically active?

The Programme
For students who want to be a bit more active, a bit more often

Being physically active is one of the most important things you can do for your health. It can help control your weight, improve your mental health, self-esteem and mood, reduce your risk of cardiovascular disease, Type 2 diabetes as well as some forms of cancer.

But despite all these well-known benefits many of us are not active enough for our health. The Scottish Health Survey (2012) reported that 38% of adults are doing less than they need to for health – which is 150 minutes of moderate intensity activity over the course of a week. Building some walking, or cycling in to our daily lives are just two ways of doing this.
Sport & Exercise wants to help students at the University of Edinburgh to be a bit more active which is why we are offering the SPA Programme.

**Who is it for?**

If you are:
- Currently doing less than 150 minutes of moderate intensity activity over the course of a week; and
- Are keen to do more; and
- Would welcome some support to achieve this

Then please get in touch

**Taking the first step**

Taking the first step is often the most difficult part, but we will try to make this as easy as possible. You can approach the SPA team directly by email at spa.programme@ed.ac.uk to make an appointment with the SPA Programme Officer.

**What happens next?**

The SPA Programme Officer will meet with you for 30 minutes to find out your interests, likes and dislikes and help you to set your own goals for physical activity. After this first meeting you will receive five further appointments where you will be able to share any challenges you had, discuss what worked, what didn’t and keep moving towards reaching your goals.

**What’s the catch?**

There is no catch. This is a free, non-judgemental, service that is designed to support you to be more active and feel better– it’s as simple as that! You don’t even need to be a member of the Sport & Exercise to take up this opportunity. All the discussions you have with the SPA team will be entirely confidential. So whether you have been active before or not, and if you are interested in improving your health and feeling better, then this programme is for you.