

Celebrate Culture Through Movement: Every Move Counts

**Any activity that gets your body moving
can keep your mind and body healthy**

Moving together with family and friends benefits your overall wellbeing and can strengthen your connection to your culture.

Moving your body makes you feel more energetic and improves your mental wellbeing. It helps lower your chances of getting chronic illnesses and certain types of cancer. It can also help you manage illnesses such as diabetes, heart disease and depression. Even doing small activities during the day, like taking the stairs instead of the elevator, walking or biking to work or school, or stretching during breaks can improve your overall health and wellbeing.



Try these activities to celebrate culture through movement

- Learn traditional dances, martial arts, tai chi, practice yoga or join a Zumba class.
- Play community sports like soccer, football, cricket, baseball, tennis, badminton, table tennis, basketball and volleyball.
- Get active with your family and friends by swimming, walking, dancing, cycling, or playing at the park together.
- Explore traditional games from your culture and invite your friends and family to play. It's a fun way to stay active, get moving and celebrate your culture.

What next?

- It's never too late to start moving more.
- Take small steps and gradually increase your activity level and remember to inspire others to join you.
- Check your council's website for parks, playgrounds, activities in your area and get involved.
- Talk to your doctor or a health professional for advice.

Multicultural Health Week 2023

For more information on Multicultural Health Week 2023 in your language www.mhcs.health.nsw.gov.au/about-us/multicultural-health-week

