

OUR PHYSICAL HEALTH

It's good for me that I don't socialize with people who smoke and drink.

I eat healthily

HOW WOULD YOU DESCRIBE YOUR PHYSICAL HEALTH?
SOME PEOPLE SAID THEIR HEALTH IS GOOD
THEY LIKE TO WALK
THEY USE THE GYM

I'm trying to look after myself.

I need to keep myself motivated
I need to keep active - do my housework

I have to be careful about what I eat.

THEY SAY THEY FEEL HEALTHIER BECAUSE THEY DON'T SMOKE OR DRINK
WHAT AFFECTS YOUR PHYSICAL HEALTH?
A LOT OF PEOPLE TALKED ABOUT

- DOING EXERCISE AND ENJOYING IT
- MAKING A COMMITMENT TO EATING HEALTHIER
- TAKING THEIR MEDICATION WHEN PRESCRIBED
- BEING POSITIVE

The arguing makes it hard it's always me in the middle.

I just wait too long to see the G.P about stuff

I feel worn out, I can't look at myself in the mirror

The parks are full of bottles and needles
There's no where to go and play with the kids

I can't get up in the morning
I feel so tired.

my legs are not so good.

BUT SOMETHINGS GET IN THE WAY OF BEING AS PHYSICALLY HEALTHY AS YOU CAN BE, AND PEOPLE ALSO TALKED ABOUT :

- SMOKING - AND NOT BEING ABLE TO GIVE UP.
- NOT BEING ABLE TO AFFORD THE GYM OR TO GO TO CLASSES.
- THERE NOT BEING TRANSPORT TO TAKE THEM TO DO THINGS THEY'D LIKE TO DO
- OR NO CRECHE AVAILABLE AT THE GYM OR CLASS.

It's the weather, I can feel it in my bones.

I don't want to go out and exercise when I'm feeling low.
It's easier just to sit and think about my situation.

I've given up on my weight - maybe I'm meant to be fat.

- NOT BEING ABLE TO GET TO THE SHOPS THAT SELL GOOD FRESH FRUIT AND VEGETABLES.
- HAVING A SWEET TOOTH

IT WAS COMMON FOR PEOPLE TO TALK ABOUT HOW HARD IT IS TO MOTIVATE YOURSELF TO EAT HEALTHIER FOOD, TAKE EXERCISE AND STAY POSITIVE.

SOME PEOPLE WORRY ABOUT THEIR PHYSICAL HEALTH AND ALSO SEE THAT WORRYING MAKES THINGS WORSE. FOR SOME PEOPLE WORRIES CAN TURN INTO FEELINGS OF PANIC, AND TOO MUCH TIME BEING ON THEIR OWN AND NOT BEING ABLE TO FEEL IN CONTROL OF THEIR PHYSICAL HEALTH.

FAMILY PRESSURES ALSO AFFECT PEOPLE'S PHYSICAL HEALTH. THINGS LIKE :

- HAVING A BABY OR TODDLER TO LOOK AFTER
- LIVING WITH TEENAGERS WHO YOU FEEL YOU ARE ALWAYS ARGUING WITH

PEOPLE ALSO SAID THAT SOMETIMES THEY WAIT TOO LONG TO GO TO THE G.P FOR HELP OR ADVICE - BUT THEY ALSO FEEL THEY WAIT TOO LONG FOR APPOINTMENTS WITH SPECIALISTS.

SOME PEOPLE HAD WORRIES ABOUT THEIR PHYSICAL HEALTH

- SOME PEOPLE WERE UNHAPPY WITH THEIR BODY WEIGHT
- IT WAS COMMON FOR PEOPLE TO TALK ABOUT FEELING TIRED AND WORN OUT

THIS WAS SOMETIMES ABOUT A LACK OF SLEEP OR BEING WORRIED ABOUT THINGS.

- A LOT OF PEOPLE TALKED ABOUT BEING IN PHYSICAL PAIN, THIS OFTEN MADE DAY TO DAY STUFF, LIKE SHOPPING, DIFFICULT.
- SOME PEOPLE SUFFER FROM CONDITIONS SUCH AS ATHRITIS, CANCER, PARKINSONS DISEASE OR ASTHMA.