

# Take 5 Steps for WELLBEING



**TAKE  
NOTICE**

- Of all the positive things in your community.
- Of the amazing role models and coaches who help your club.
- Get outdoors to local parks and local walks



**GIVE**

- Volunteer (if able)
- Help at home
- Give yourself some "chill time and self care"
- Give your best effort with your club.



**CONNECT**

- With your friends and club mates.
- Take part in club challenges
- Connect with your family.
- Check in on loved ones who may be lonely.



**KEEP  
LEARNING**

- New Skills
- Watch your favourite boxer and learn from them.
- Learn how to look after your physical and mental health.
- Learn new things to keep you focused and engaged in a positive lifestyle.



**BE ACTIVE**

- Exercise daily
- Practice boxing skills and footwork
- Take part in club activity challenges
- Go for walks with your family