

#GetHullActive

Motivations to being active

What are the things that encourage you to be active?

Get to spend time with friends

Improve my health and fitness

Get to spend time with family

Escape worries and stresses

Get out in the fresh air

To improve the way I look

To improve the way I feel

Belonging, to a team or group

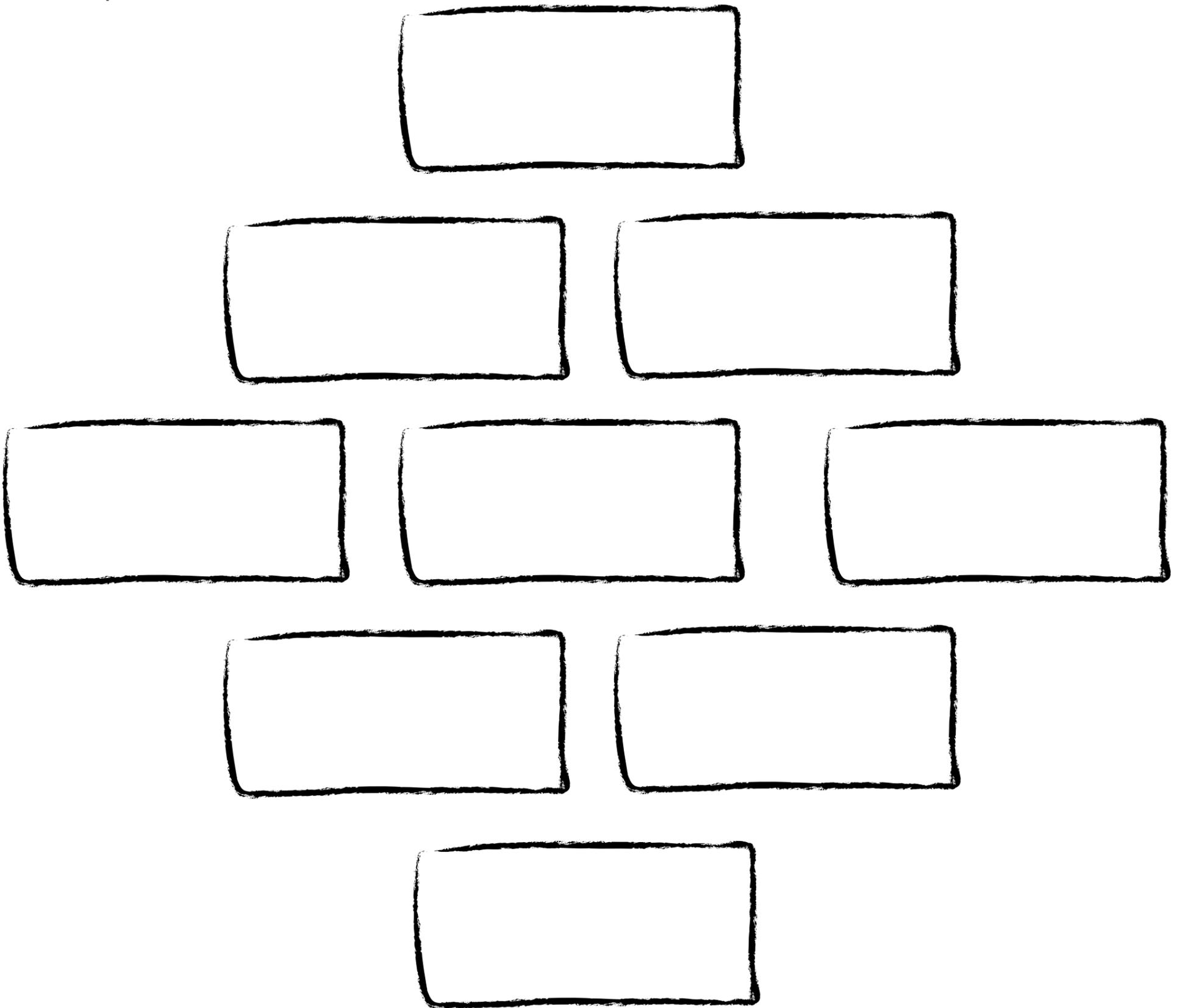
To make new friends

To develop new skills

To compete

I love sport

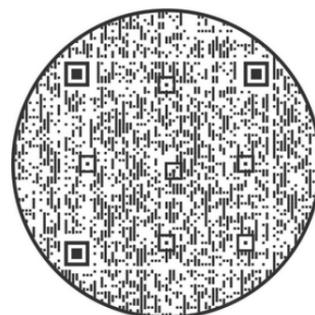
Add them in order to this diamond...put the biggest motivator at the top.



Discuss with friends, family, teachers, youth workers, what could you do to be more active be more active.

For Staff/ Carers / Parents

Please take a picture of this sheet and share with StreetGames so we can capture the feedback. Scan:



or email Kate.Roberts@StreetGames.org