



Integrated Specialist Public Health Nursing School Nursing Newsletter

September 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

National Fitness Day 2022 -

Takes place on Wednesday 21st September 2022, helping to raise awareness of fitness and is important in assisting us lead healthier lifestyles through being physically active.

Physical activity has the ability to bring people together and to positively impact on **all** of our physical, mental and social wellbeing.

It means something different to us all, but fitness is for everyone.

It can be simple and free, but lots of us have lost the art of movement.

There are so many different types of physical activity , there is something for everyone.

It can be fun when we find an activity that we like.

How Do I Make a Start?

Sometimes there are barriers to starting our fitness journey, it may be embarrassment, financial or transport issues. There is always a way to make a start.

Trying out new activities can be easier if we do this with other people such as friends or family.



