



Key activities during the campaign

Date	Activity
17 January	Campaign launch A release of our resources on our physical activity and Get active, feel good webpages.
18 January	Webinar (1.30pm – 2.30pm) This webinar will explore developing a healthy relationship with physical activity through people with experience of mental health problems and professionals who support them. For more information and to book your free place click here .
19 January	Social media posts Developing a healthy relationship with physical activity and a launch of our resources.
26 January	Spotlight on the importance of rest Social media activity including partners and the public sharing how they build rest into their routines to allow the body and mind to recover.
2 February	Social media posts Launch of blogs developed by experts with lived experience.
8 February	Sport and Physical Activity Sector Roundtable (by invitation) We will be bringing together sector partners that deliver physical activity to explore current processes and approaches to support people who at risk of, or experiencing, an unhealthy relationship with physical activity. This will include representatives from: <ul style="list-style-type: none">- Fitness industry including personal trainers, gym managers and exercise referral leads- Coaches and physical activity providers working in community settings. For more information contact us at sport@mind.org.uk .
9 February	Exercise and Eating Disorders Special Interest Day The Quality Network for Eating Disorders and Royal College of Psychiatrists are hosting a special interest day led by patient representatives and clinicians. For more information please see the event programme .

	Free to QED members (£70 non-members).
9 February	Social media posts Tips of how you can support people experiencing an unhealthy relationship with physical activity
11 February	Campaign ends