



Problems and solutions to undertaking regular physical activity and exercise for asylum seekers

Background:

Living as an asylum seeker can mean that daily life is challenging. Individuals may struggle with low mood and experience poor mental health. Regular physical activity can improve mood and therefore mental health and wellbeing.

Methods:

We interviewed 36 people (20 women, 16 men) from 16 countries, aged 18-59 and living in Bradford, Leeds, Wakefield and Huddersfield. We asked them about what helps them to exercise and what stops them from exercising (problems).



Problems:

RESOURCES AND ENVIRONMENT

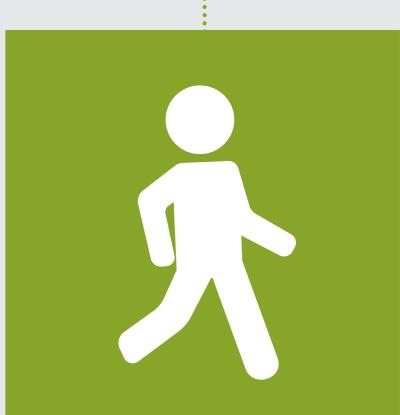
- Lack of food
- Lack of money
- Lack of knowledge of facilities in the local area
- The weather
- Time
- Lack of childcare

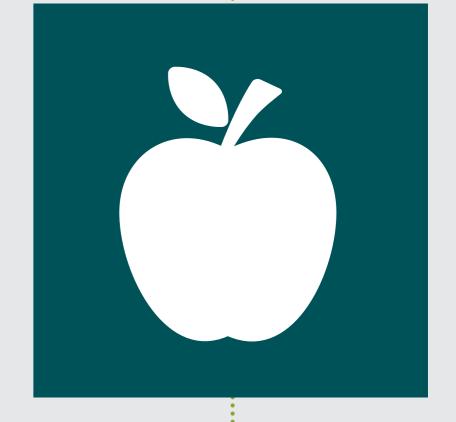
Solutions:

There are simple steps which individuals can take to increase their physical activity: using stairs instead or a lift; walking faster.

Interventions to encourage more Interventions to encourage physical activity - for example, a mobile app - could be developed: this app could provide knowledge of local activities and opportunities for asylum seekers to take part in.

In both cases mental health and well being may be improved.







KNOWLEDGE AND SKILLS

Understanding the phrase 'physical activity' and recommendations

SOCIAL

- Withfriends/family
- Alone in the UK
- Cultural influences

DECISION PROCESS

Living in limbo

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