



Roll the dice!



The Flamingo test

Test your balance! While standing raise your right leg and stand on your left leg for 10 seconds.

Top tip! If you find it too hard why not put one hand against a wall for support

30 minutes of movement

Adults should aim for at least 30 minutes of moderate physical activity every day.

Top tip! You don't have to do it all at once! Need to pop to the shops? That 10 or 20 minute walk can count towards your daily goal.

30



Go For a Daily Climb

Where you can, why not take the stairs instead of the lift or escalator?

Adapted and edited by Nathalie Vauterin and Paige Cowan-Hall

Get Some Fresh Air

If you take the bus or train, try to get off one stop earlier and walk the rest of the way.



Broaden Your Horizons



Why not take a break from the norm and try something different. Swimming, cycling, football, netball, or even belly dancing!

Roll again or pick your favourite

Roll the dice again to choose from the 5 activities or choose the activity you prefer.

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