

CHALLENGES



Can't find the time? Can't get motivated? Moving more isn't always easy, and these are just a couple of reasons people have for not building movement into their everyday lives.

In this guide we'll give you ideas on how to help people stay motivated, and show them it's the little everyday changes that can get them moving and make movement a habit instead of a chore.

OUR AIMS

We want people to have fun, get stuck in and feel good, both mentally and physically! Our aim is to help grow participants' self-confidence and make moving everyday come naturally. Not everyone likes to run, play tennis, or do yoga but we believe there is something for everyone and we can all find an activity that we love doing. After doing our workshops we want to help people:

- Have fun and feel good mentally and physically.
- Feel motivated.
- Find something they enjoy.
- Make moving their body a habit.
- Celebrate every step of their journey - even the small ones!

LETS GET MOTIVATED

It doesn't have to stop when the workshop ends! Here a few ideas participants can use to keep moving and stay motivated on their fitness journey.

You move more than you realise



Do you take the rubbish out every week? Run for the bus? Walk around the shops on the weekend? You already move more than you probably realised! This is a great first step on your fitness journey.

Make every moment count



When you're watching your favourite TV show, why not make the most of the adverts. Get up during an ad break, take a quick walk, do some stretches, or even do some squats if you can! It's good for you and makes the adverts go faster.

Plan ahead



Making movement a habit is vital to staying motivated. Plan your activities in the same way you schedule getting ready for work and grocery shopping.

Make it a team effort



You don't have to do it alone. Why not ask your friends if they want to get moving with you? They could become a running or walking partner. You could even see if there are any local Zumba, yoga, football, or netball groups you can join!

'Struggling for ideas? Take this quiz to see what activity would suit you' <https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/which-fitness-activity-suits-you> or visit the NHS studio <https://www.nhs.uk/conditions/nhs-fitness-studio/>



GET MOVING EVERYDAY AND RELAX!



AIM OF THE WORKSHOP:

Show participants how a simple exercise routine can improve their mood and wellbeing, and encourage them to add one of these routines to their daily lives.

DURATION:

20 min



BEFORE THE WORKSHOP:

Ask **everyone** to wear comfortable clothes.

WORKSHOP SCHEDULE:

Q&A (5 mins): Start the workshop with an informal discussion with the participants: Who has morning habits before starting their day and what are they? Who has habits in the evening to help them relax? Why?

Breathing (2 mins): Ask participants to sit in their chairs with their feet firmly on the floor. Once seated, ask them to close their eyes and focus on their breathing for 1 minute without trying to change it. Then ask them to start taking deep breaths, and to empty their minds by alternating their breathing:

Inhale: counting to 3 in their heads **Exhale:** counting to 5 in their heads.

STRETCHING (8 MINS):

Lateral stretch (X5)

Start by having them stretch while sitting on a chair:

Inhale: opening up the back

Exhale: leaning over to the left or right to feel the stretch on the opposite side.



Twist (X5)

Have them remain seated with their backs straight:

Inhale: opening up the back

Exhale: turning the shoulders and head to the left (or right) to perform a slow twist.



Standing Stretch (X5)

Now ask the participants to stand up:

Inhale: ask them to reach as if to touch the sky with their arms (they may stand on tiptoes)

Exhale: ask them to relax, drop their arms, and stand normally...



Balance and Strength

Ask participants to stand with their back foot pointing outwards, their front leg bent, and their back leg straight with their arms out wide.

Then ask them to breathe deeply and stay in this position for 30 seconds to 1 minute. Repeat the exercise by switching legs.



Closing (5 mins):

Ask participants:



- How do they feel?
- How did the session benefit them?
- When and where could they include this routine in their day?
- Encourage participants go to the ASPIRE platform to discover many other great exercises!