5 great ways to get moving everyday

1

Having fun is good for you
Whether it's going on a treasure hunt with your family, dancing out with your friends, or blackberry picking, there are many ways we can add a little fun and movement to our daily lives.

2

Get organised and plan ahead
So that you don't forget try setting a reminder on your phone or sticking post-it notes around the house or your workplace of your upcoming activities.

3

Be curious
Find out about outings and events that are organised by your local community. Whether it's via a shop noticeboard, community centre, Facebook page, or WhatsApp group.

4

Find out where the classes are
Look on social media and on the internet to find local classes that get your body moving. Some places even offer free classes and memberships!

5

Download a step counter
There are mobile apps you can download that count your steps! Why not challenge your friends to a walk off!

Top tip! You can even earn points and gifts with the WeWard app

sweatcoin
WeWard

Get moving everyday

How do you feel about moving more?

- ☐ I don't really like it
- ☐ I don't have the time
- ☐ I don't know where to start
- ☐ It's not easy to get motivated
- ☐ It costs too much

Did you tick one or more boxes?
Then this leaflet is for you. Let's go through a feoving ideas together so you can have fun, and get m all year round.

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We All Move Everyday

We move more then we realise! We go shopping, take the stairs, even dance with our friends. It all counts!

DID YOU KNOW?

Laughing can work over 100 muscles. It's good for your body, your mental health, and your stress.

THE LITTLE THINGS

MAKE A BIG DIFFERENCE

Here are a few tips on how we can be more active without making too many changes to our daily routine:

Instead of sitting down when talking on the phone, get up and walk around or even just stand. You will be moving without realising it.

At home, rock out to some lively music, even when you're vacuum cleaningcleaning the house.

For those short journeys, why not get some fresh air? Take a walk or ride a bike. If you take the bus or train to work, you could even get off a stop early and walk some of the way.

If you can, use the stairs instead of the lift or escalator.

Allow yourself some 'mve' time

Making time for yourself is important for your mental and physical health. Here are a few ideas to make getting moving 'me' time you look forward to everyday.

CHOOSE SOMETHING YOU ENJOY

This is key to making movement part of your routine.
It's easier to stay motivated if it's something you love!

For example: Do you like walking? Why not take it to the next level?

- **Download a walking app to discover new routes and nearby hiking trails.**
- **Count your steps! That way you can celebrate every step of your journey.**
- **Join a local walking club.**

Walking is just one example! There are many activities you can do!

GET KITTED OUT

Wear clothing and footwear that is suitable for what you're doing and makes you feel comfortable.

PLAN AHEAD

To make sure you don't miss out on your 'me' time, note your activities in your diary or on your fridge!

Examples:

- Tuesday, meet Clara to go dancing
- Thursday, 15 min stretching session
- Sunday, a walk in the forest with friends

Think of it like planning a holiday - preparation is part of the journey!

It's enjoyable with others

We all like to meet up with others to chat and have fun.

See if any of your friends want to join some of your activities. You won't just be getting moving, - you will also be socialising and helping each other stay motivated!