Top tips to help you move:

**START SLOWLY**
Something is better than nothing! Start with 10 minutes and build up gradually.

**FIND A BUDDY**
Doing activity with family or friends is much more fun! Local services can also help to connect you.

**MOVE MORE. SIT LESS**
Break up long periods of sitting by simply moving! Stand up and stretch your legs.

**MIX IT UP**
There’s activity everywhere...at your local village hall, parish or in your community. Join a dance class, a walk for health or play active games with you grandchildren.

**STRENGTH AND BALANCE**
On 2 days per week, include some resistance exercise such as heavy gardening, sit ups or yoga.

Feel happier
Have better physical and mental health
Better balance/reduce risk of falls
Make friendships/reduce isolation
Improve your sleep
Create active memories with family and friends

Make your move today:
www.llrmakeyourmove.org
Play a game in the garden with children, walk round the block, do some gentle stretching exercises, walk up the stairs, carry and unload the shopping, do some tai chi to relax...

Visit a playground or park with family, gardening, attend an exercise class/gym, wash the car, walk the dog, invite friends out for a scenic walk (and some lunch!), attend a tea dance...

Do some housework, weed or mow the garden, do some yoga/pilates, walk grandchildren to school, invite friends for a walk before a coffee, play a game of bowls...

DID YOU KNOW?

The greatest benefits to our physical and mental health comes from when we go from doing no physical activity at all to doing just a little bit!