Top tips to help you move:

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

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

**MIX IT UP**
Explore and try different activities! This will work your body and mind in lots of ways.

**TREAT YOURSELF**
Set small activity goals and treat yourself when you achieve them. This will keep motivation levels up!

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

Feel happier
Have more energy
Feel relaxed and less stressed
Make new friendships
Have better physical health
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 desk exercises, walk up the stairs, carry and unload the shopping...

10 MINS

Do some housework, walk/cycle to work or school, weed or mow the garden, have a walking meeting at work, do some yoga...

20 MINS

Visit a playground or park with family, go for a bike ride, gardening, attend an exercise class/gym, wash the car, walk the dog...

30+ MINS

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!