Practical tips to support adults to move more:

Something is always better than nothing, no matter how small. Start with a gradual march on the spot or a gentle walk outside.

**Move More, Sit Less**

Try to break up long periods of sitting by simply standing up and stretching your legs.

Find ways to get bursts of activity into your day

**Strength is Key!**

On at least two days a week include some strength exercises making muscles, joints and bones strong. Try lifting items around the house like baked beans, carrying shopping bags or sitting and standing out of your chair

**Get Active Your Way!**

Explore different activities! Try a bike ride at a local park, join a Couch to 5K or a water-based activity, like swimming or aqua aerobics...

Mix it up and try new activities

**Every Minute Counts**

Set small activity goals and reward yourself when you achieve them. This will keep motivation levels up!
Aim for 150 minutes per week – that’s only 30 minutes per day, 5 days a week – and move at a level that increases your breathing and heart rate. Try short bursts of movement – they’ll soon add up!

**Try these at work!**
- Start a walking or running group with some colleagues
- Take the stairs at work
- Choose an active way to travel to work
- Do some gentle stretches at your desk
- Walk around as you’re on the phone

**Great for home...**
- Walk or cycle to the shops
- Carry and unload the shopping
- Wash the car
- Mow your lawn
- Try weeding the garden or watering the plants

**Move with your family**
- Play a game in the garden with the children
- Put some music on dance around the house
- Visit a playground or park with family
- Go for a bike ride

**Take Steps to Move More**

Focus on these three things...

3 Sitting less. Moving more.
150 minutes per week!

Don’t forget these two...
2 Strength and balance on two days!

The one main aim...
1 Be active... however you like!

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