

MAKE YOUR MOVE



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.

Any activity is good!

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

The more the better!

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

Walk around as you're on the phone



Choose an active way to travel to work

Do some gentle stretches at your desk

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

Play a game in the garden with the children

Move with your family



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

- 3** Focus on these three things...
Sitting less. Moving more.
150 minutes per week!
- 2** Don't forget these two...
Strength and balance on two days!
- 1** The one main aim...
Be active... however you like!

GO!



LEICESTER-SHIRE & RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING



ACTIVE TOGETHER

Leicester-Shire & Rutland Sport

SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

T: 01509 564 888 E: info@lrsport.org

www.lrsport.org [f](#) LRSport [i](#) LR_Sport

[s](#) LR_Sport [t](#) LR_Sport_ [in](#) Leicester-Shire & Rutland Sport