

WE ARE  
UNDEFEATABLE

# DAMN RIGHT I'M STRETCHING MYSELF

For ways to get moving  
at home with your health  
condition, take a look at  
the poster inside

In partnership with



BREAST  
CANCER  
NOW



BritishRedCross



VERSUS  
ARTHRITIS



MACMILLAN  
CANCER SUPPORT

ROYAL  
VOLUNTARY  
SERVICE

Stroke  
Association

PARKINSON'S<sup>UK</sup>



DIABETES UK  
HOPE. SUPPORT. PROUDLY MANAGED.

# MOVING MORE AT HOME

We Are Undefeatable has been developed by 15 health charities, along with National Lottery funding and expertise from Sport England, to support and inspire people with health conditions to be active in a way that works for them.

Our charities bring together people with a wide variety of conditions, such as arthritis, diabetes, dementia, multiple sclerosis, Parkinson's, cancer, stroke, and lung, heart and mental health conditions.

**We hope this leaflet will support you to be more active. If it would be more useful for a family member or friend, please share it. For more ideas on how to get active, go to [WeAreUndefeatable.co.uk](http://WeAreUndefeatable.co.uk)**

Being undefeatable is understanding that how you feel can change from day to day, that everyone is different, and moving more when you can is just as important as accepting when you can't.

However you choose to move, it's all good for your health and wellbeing. Being active with others if you can, and doing a little movement every day may help you get started and keep moving.



//  
**I'M STILL ON MY OWN TWO FEET**  
//

## MOHAN

Mohan's family help to keep him moving around the home and gardening while managing his dementia.

Mohan was diagnosed seven years ago. He's mobile and still cracks jokes like he used to, but his memory is not what it was. He's "still on his own two feet" which he puts down to keeping active and walking.

His family, who he lives with, make sure he is happy and healthy, supporting and helping him to stay active. He helps his daughter and granddaughter around the house by picking up a dustpan or the Hoover, and he loves gardening.

## REBECCA

Rebecca became depressed after a multiple sclerosis (MS) diagnosis, but she discovered wheelchair dancing and fell in love with it.

Rebecca was training as a physiotherapist when she was diagnosed. As her condition progressed, she found it harder to be active and it was impossible to do her job. Taking up dancing helped her manage the depression that came after, and it became one of the activities she loves most.

For Rebecca, there's no better way to get moving than dancing at home. She's able to let loose and have fun with all styles of dance. It's completely changed her life, and she always feels better afterwards.

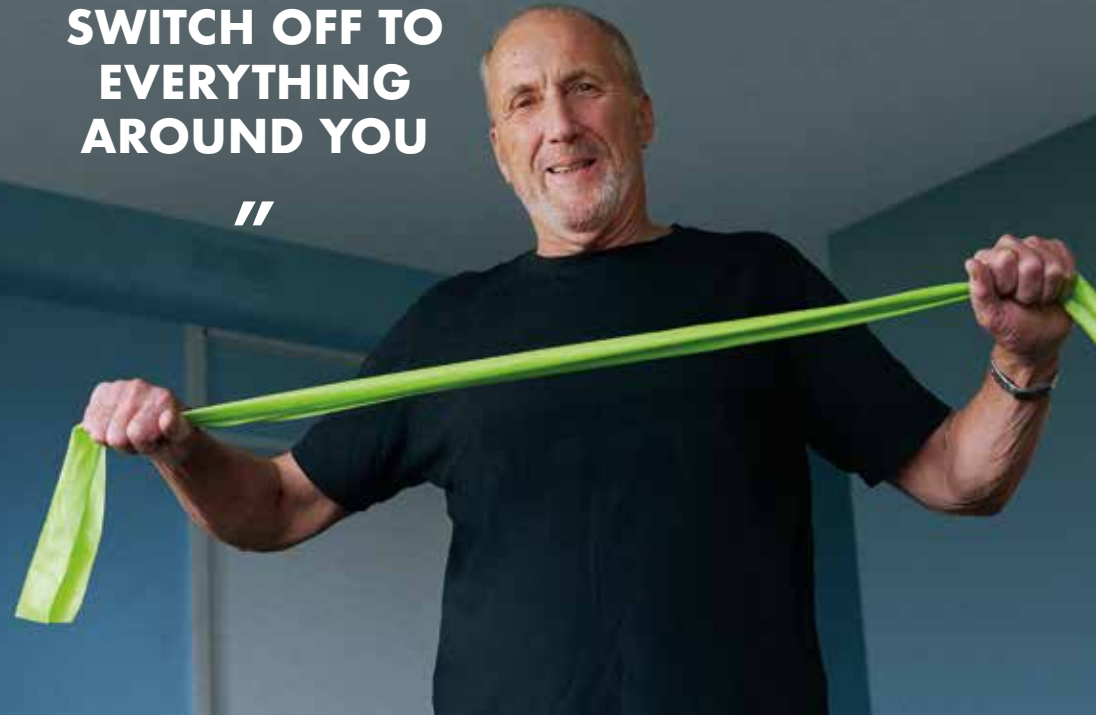


//  
**DANCING HAS  
COMPLETELY  
CHANGED  
MY LIFE**  
//

//

**I LIKE TO DO  
TAI CHI – YOU  
SWITCH OFF TO  
EVERYTHING  
AROUND YOU**

//



## IAN

By doing strength exercises and Tai Chi at home, Ian can work the day around his COPD and his energy levels.

Keeping active to stay physically healthy and strong is important to Ian. He's found ways to adjust how he moves while managing his reduced lung capacity. He likes to work out at home, breaking up the activity by doing a few minutes at a time throughout the day, and enjoys relaxing with Tai Chi. Ian says working out at home this way makes him feel like he can move more easily, and that it lifts his mood.



# FINDING WHAT WORKS FOR YOU

Here are some ideas that could help you move more.

## Make the most of your home:

Use everyday objects such as stairs, chairs, or small bottles as weights.

## Build movement into your routine:

Break up periods of sitting by doing some stretches while watching TV or get up and walk during the ad breaks.

## Have fun getting active:

Make a tea break a 'dance around the kitchen' break while the kettle boils!

## Move more with others:

Call a friend while walking round the house or garden, or play active games with family.

## Do relaxing activities:

Gentle stretches and taking time to breathe deeply can clear your head.

# MY DAILY UNDEFEATABLE

Fill this in as a reminder of what makes you undefeatable.

## WHY DO YOU WANT TO MOVE MORE? (LIST AS MANY REASONS AS YOU LIKE!)

---

---

---

---

## HOW DO YOU LIKE TO GET MOVING? (WHAT DO YOU ENJOY, OR WANT TO TRY?)

---

---

---

---

## WHAT ARE YOUR GOALS? (THIS WEEK AND THIS MONTH)

---

---

---

---

The grid below can help you track how you've been active from day to day.

DAY	HOW DID I MOVE TODAY?	HOW DID I FEEL?	WHAT WILL I DO TOMORROW?
MON			
TUES			
WED			
THURS			
FRI			
SAT			
SUN			

# GETTING STARTED

We've put together these tips to help you get started and find ways to get active that work for you.



//  
**WHEN YOU DO ANYTHING, ANY KIND OF ACTIVITY, YOU FEEL SO MUCH BETTER. IT DOES LIFT YOU**

//

JO

## **FIND ACTIVITIES YOU ENJOY:**

You're more likely to keep doing something you enjoy. Try different things until you find the right activity for you.

## **START SLOWLY AND BUILD UP:**

It's good to warm up your body before getting active. When you're moving more, you may feel a bit warmer and breathe heavier. You may have a little muscle or joint soreness afterwards. But if you feel unwell, dizzy, get sharp pains, or your condition worsens, stop and rest. Try something different next time.

## **MAKE THE MOST OF GOOD DAYS:**

Listen to your body and do what feels comfortable. On some days, you may need to do fewer or different activities.

## **EVERY MOVEMENT COUNTS:**

Small amounts throughout the day all add up. Whatever you're able to do, it's all good for your health and wellbeing.

For more resources and ideas about ways you can start moving more, visit

[WeAreUndefeatable.co.uk](https://www.WeAreUndefeatable.co.uk)