



MOVEMENT

WHAT STOPS YOU FROM MOVING MORE?

It's cold, it's dark and it's always raining

- Click the links for indoor activities
- House work
- Climbing the stairs
- Wii fit / switch / VR
- The gym

Young adults

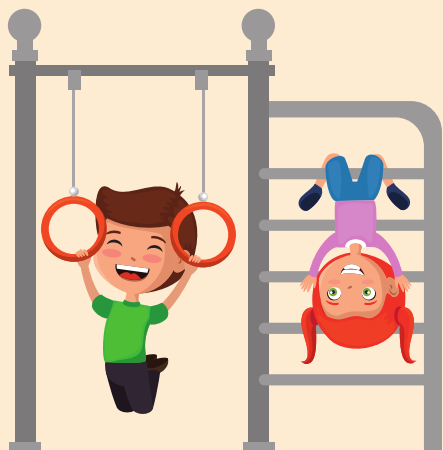


SCAN ME

Kids



SCAN ME

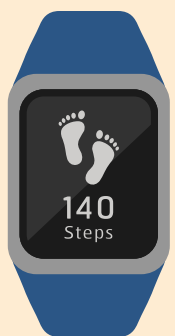


The gym is expensive!

- Running: Couch-to-5k or Park Run
- Visit the park
- Bike rides
- Volunteering



"Green gyms" "Free fitness" or "OurParks"



- Can you walk, run or cycle to school/work?
- Try a step counter watch or app
 - How many steps can you do on an active break?
- Take the stairs
- Activities with friends

I'm too busy!

Click for more information about activity. Link is to moving medicine for children, young people and adults

