



# Movement

## WHAT IS MOVEMENT?

Any activity that is not sat down and you are moving your body



## WHAT TYPES OF ACTIVITY ARE THE BEST?

- The ones that you enjoy!
- That fit your your day
- That make you smile
- That are fun!
- That you can do with friends and family

enjoy!

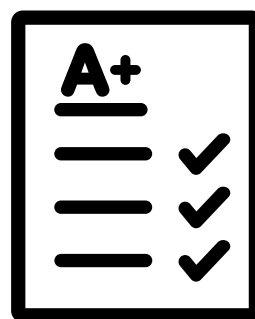
smile+

FUN!



## BENEFITS

- Be happier
- Better sleep
- Achieve more at school or work
- Have a healthy heart
- Improves glucose (sugar) levels



Children and young people

How much activity should you be doing? Click the links to find out



Adults

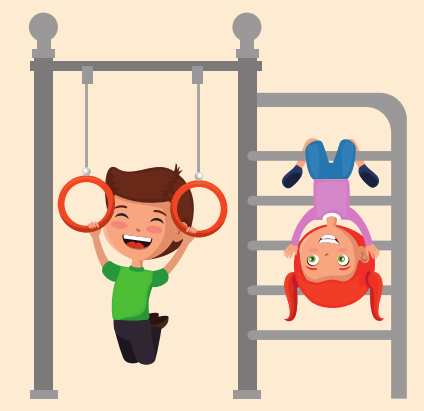


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## WHAT STOPS YOU FROM MOVING MORE?

**1** It is cold, dark and always raining

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



**2** The gym is expensive!

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

**3** I'm too busy!

- Can you walk, run or cycle to work, school or college
- Get a step counter and see what a difference hourly breaks and taking
- Take the stairs
- Activities with friends



Young Adults

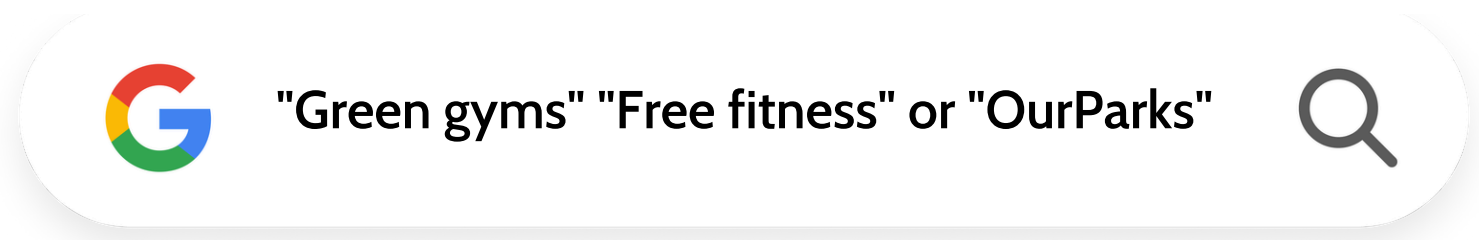


SCAN ME

Kids



SCAN ME



Click for more information about activity. Link to moving medicine



SCAN ME

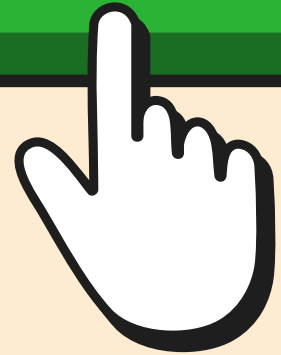




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## HOW TO INCLUDE MOVEMENT IN YOUR DAY?

### MAKE PLAN



- What easy or fun ways can you get moving?
- What's the easiest thing you can do?
- What help do you need?
- Who will you do it with?
- What might stop you?

For help making a plan, click here



- Set achievable goals
- Start small and build up
- What can you do:
  - This week?
  - Next week?
  - Next month?

## TRACK YOUR PROGRESS

- Keep a diary to see how your doing
- Reward yourself with a treat - a magazine, a bath, football stickers (not food)



Scan the QR code to see a goal ladder example