**10 WAYS TO MOVE MORE!**

**Being sedentary is one of the worst things we can do for our health. Movement is not only great for our physical health, but it boosts our mental health too and helps protect us from stress.**

**Some physical activity is better than none and more is even better.**

**Here are some tips to get you moving and keep you moving!**

1. **Keep it simple and enjoyable**

**If you stick to this principle you are more likely to keep it going and build on your success. You’re unlikely to keep something up if you dread doing it. Congratulate yourself for showing up and taking part.**

1. **Make it a habit**

**Stress doesn’t take a day off so neither should we. Make some form of movement a part of every day. Tag it on to something you already do – e.g. every time you boil the kettle do 5 squats or jog on the spot. Get creative!**

1. **Walk more**

**Walk as many places as you can. Every step counts! Walk across the office instead of sending an email, have walking meetings, park further away from your destination and walk the rest of the way.**

1. **Move with a friend or a group**

**Research shows you are more likely to keep something up and get more enjoyment out of it if you do it with company.**

1. **Focus on the process rather than the results**

**Enjoy it whilst you are doing it. Give yourself a pat on the back for making an investment in your health and wellbeing.**

1. **Make it easy**

**Leave out anything you need the night before – exercise clothes, headphones, water bottle**

1. **Try something new**

**A team sport? A free YouTube exercise video? A dance party? Frisbee in the park? A dog walking group? Something from your childhood – skipping? hula hoop?**

1. **Do something active when you meet a friend instead of going for a meal or a drink**

**Go a walk or cycle together, join a club together.**

1. **Get a standing desk**

**Once you have one, you wont want to go back! It will also improve any back or neck pain from sitting at a desk all day. Try before you buy – use your ironing board and prop your laptop up on books so the screen is at eye level and your elbows are at 90 degrees when typing.**

1. Start small

**Try a 5 min stretch when you get out of bed, do 5 mins of yoga at lunchtime. Remember every little counts.**

**Good Luck!**

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