



www.HAYCambsPboro.co.uk/LAMP/move

Movement not only helps our physical health but is also important for our mental health. Doing an activity we enjoy in the company of others brings even more benefits.



#LAMPLightbulbMoments

Starting Point

What movement activities do you do now? How often do you move? Do you enjoy it? What have you enjoyed in the past? Are there any activities you would like to try? Are there any barriers stopping you?



Reflecting on these questions can be a great way to start thinking about moving more.

Actionable Ideas

What ideas can we try to help us move more? This link has some suggestions.



We can think about:

- ways to feel motivated to move more
- ways to recover enough
- ways to have variety in our movement activities
- ways to make movement enjoyable

Knowledge Library

There are more links you might like to explore on the LAMP webpage.

Proof

There is a growing body of research showing how movement brings benefits to our health. We now know physical activity can make meaningful changes in the emotional processing areas of the brain - from as little as 10 minutes of movement a day.

Meet the experts on the LAMP webpage.

Relate



Moving more may help us fall asleep more easily



Moving more may motivate us to fuel well with nutritious food



Moving more can reduce stress levels in the body and mind



Moving more can create opportunities to be with other people



Moving more and finding the joy of movement can lessen the urge to use unhelpful coping strategies

Self-Reflection

What do you notice when you move more? What helps you move more?

You might find it helps to keep a note of the things that support you with moving more, so you can refer back any time you need.