



Move More

Evidence on how movement supports our health

Proof

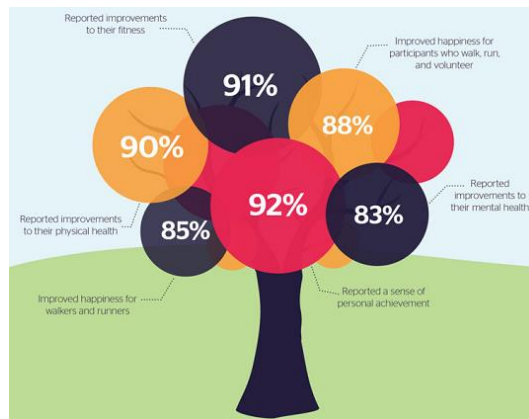
Limit Sedentary Time



The World Health Organisation (WHO)'s research on physical inactivity and sedentary behaviour shows there are significant health benefits to being active.



Motivation to Move



Research shows that physical activity interventions that are supported by a group have greater impact. Research by parkrun is a great example.



Physical Activity as Prevention & Treatment for Depression



Meet Brendon Stubbs, a leading researcher in exercise and mental health, discussing the scientific understanding of exercise on our mental health.



More Evidence

Find out more on what the scientific evidence tells us about how movement supports our health on the LAMP webpage:

www.HAYCambsPboro.co.uk/LAMP/move



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