



Move More

What ideas can we try to help us move more?

Action

## Ways to feel motivated to move more

- Review your current movement levels and if you want to move more, increase activity gradually
- Set a goal to work towards
- Share your goal with someone to get support
- Plan time for movement in your diary
- Lay out any kit / equipment in advance
- 10-15min sessions are enough
- Remember movement doesn't have to be "exercise" – everything counts!

## Ways to have variety in our movement activities

- Plan a mixture of activities to keep your interest
- Include gentle movement as well as higher intensity activities
- Use a journey as an opportunity to move
- Consider trying something new, or revisiting an activity you used to enjoy in the past

## Ways to recover enough

- Plan time to rest and recover
- Pay attention to your sleep
- Fuel your movement with healthy nutrition
- Listen to your body and adjust the plan if you need to

## Ways to make movement enjoyable

- Find an activity that feels fun
- Make a pledge to smile
- Move with a friend / in a group / with a pet
- Tag movement onto another activity you enjoy  
e.g. meeting a friend, listening to music, visiting a place you love
- Write down how you feel afterwards to remind yourself next time
- Be kind if things don't go to plan

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