Move More

How does moving more relate to the other pillars?

Relate

If we move more…

Moving more may help us to fall asleep more easily	Sleep Better
Moving more may motivate us to fuel well with nutritious food	Eat Well
Moving more can reduce stress levels in the body and mind	Reduce Stress
Moving more can create opportunities to be with other people and encourage us to be outside and connect with your environment	Deepen Connection
Moving more and finding the joy of movement can lessen the urge to use unhelpful coping strategies	Minimise Harm

The other pillars can help us move more by….

Sleep Better	We may have more energy to move more if we have had a better night's sleep
Eat Well	Eating good quality food can make us enjoy movement activities more
Reduce Stress	Feeling less stressed can make trying new movement activities less daunting
Deepen Connection	Movement has been shown to be easier with the support of others
Minimise Harm	Minimising unhelpful coping strategies can make physical activity feel easier and more enjoyable

Move More