

# MAKE YOUR MOVE

## Adults

### Top tips to help you move:



#### START SMALL

Something is better than nothing!  
Start with 10 minutes and build up gradually.

#### MOVE MORE. SIT LESS

Break up long periods of sitting by simply moving! Stand up and stretch your legs.



#### MIX IT UP

Explore and try different activities!  
This will work your body and mind in lots of ways.



#### TREAT YOURSELF

Set small activity goals and treat yourself when you achieve them.  
This will keep motivation levels up!



#### STRENGTH AND BALANCE

On 2 days per week, include some resistance exercise such as heavy gardening, sit ups or yoga.



Feel happier



Have more energy



Feel relaxed and less stressed



Make new friendships



Have better physical health



Create active memories with family and friends

Make your move today:

[www.llrmakeyourmove.org](http://www.llrmakeyourmove.org)



LEICESTER-SHIRE  
& RUTLAND SPORT  
PHYSICAL ACTIVITY & WELLBEING



**MOVING AT A LEVEL THAT INCREASES  
YOUR BREATHING AND HEART RATE**

Play a game in the garden with children, walk round the block, do some gentle desk exercises, walk up the stairs, carry and unload the shopping...



Do some housework, walk/cycle to work or school, weed or mow the garden, have a walking meeting at work, do some yoga...

Visit a playground or park with family, go for a bike ride, gardening, attend an exercise class/gym, wash the car, walk the dog...



## **DID YOU KNOW?**

The greatest benefits to our physical and mental health comes from when we go from doing no physical activity at all to doing just a little bit!