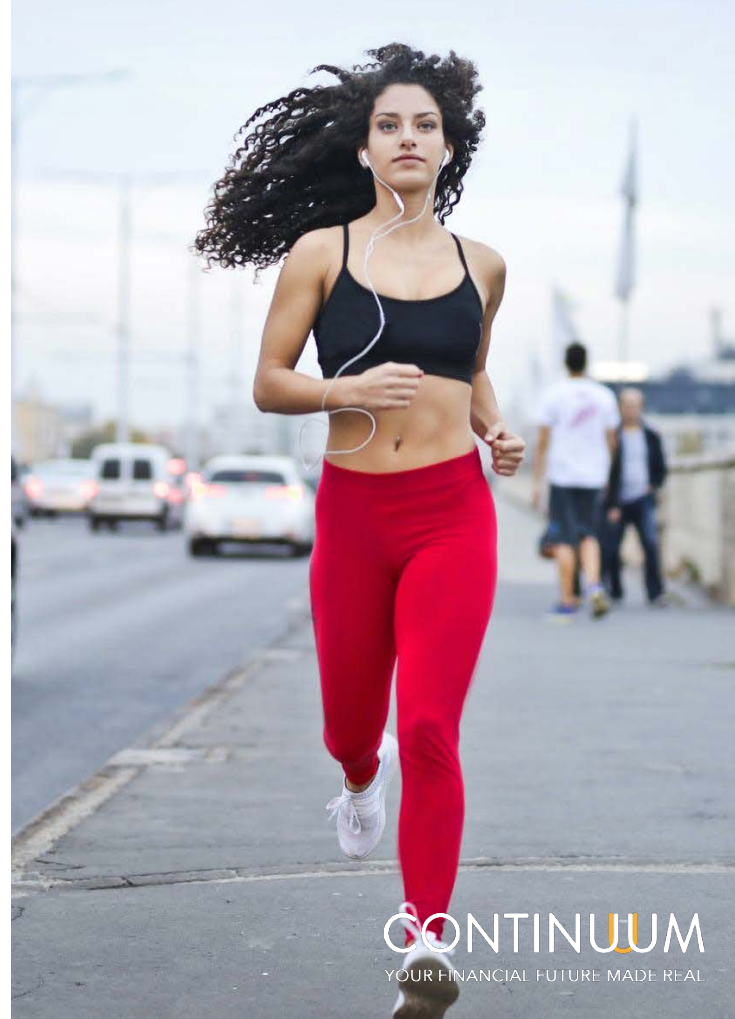


Move More



Move

Move on a regular basis throughout the day - get up and move around, sit, stand, walk, dance just move your body as much as you can.



1. Get outside

- Get active once a day, a walk, a run or bike ride, whatever you enjoy just get moving. Go for an intensity and duration that fits your capabilities and try to improve week on week if you feel good



2. No gym? No problem!

- Use Google and YouTube to find home workouts that suit your interests and fitness levels. Remember movement and activity is key whether that's an online dance class, bodyweight circuits, gymnastics, yoga or aerobics. Find something that you are interested in and mix it up...try something new



3. Work on your mobility each day

- There are lots of 'follow along' routines on YouTube, just find one that suits your fitness level



4. Take a break

- If you work at a computer or laptop make sure you take a screen break every hour. Use this time to move around and get the circulation pumping. A couple of minutes every hour throughout the day really makes a difference



