



Live Well LIVE!

TOP TIPS TO GET ACTIVE

- 1. Take time to plan movement in your daily life
- 2. Set a weekly goal and write it down!
- 3. Activity is often more fun with other people

Some simple ideas to get started at home:

Some ideas to build into your day to day life:

- Stand up and move around for a minute or two every hour.
- When you're making a drink in the morning do 10 heal raises.
- Walk around when you are on the phone.
- When you get up from a chair, do 10 sit to stands
- Use water bottles or soup cans as dumbbells and do 20 biceps curls

- Walk to the shops if you can rather than driving
- Walk an extra bus stop
- Park further away when going shopping
- House work cleaning/vacuuming/ washing-up
- Gardening weeding, digging, sweeping.

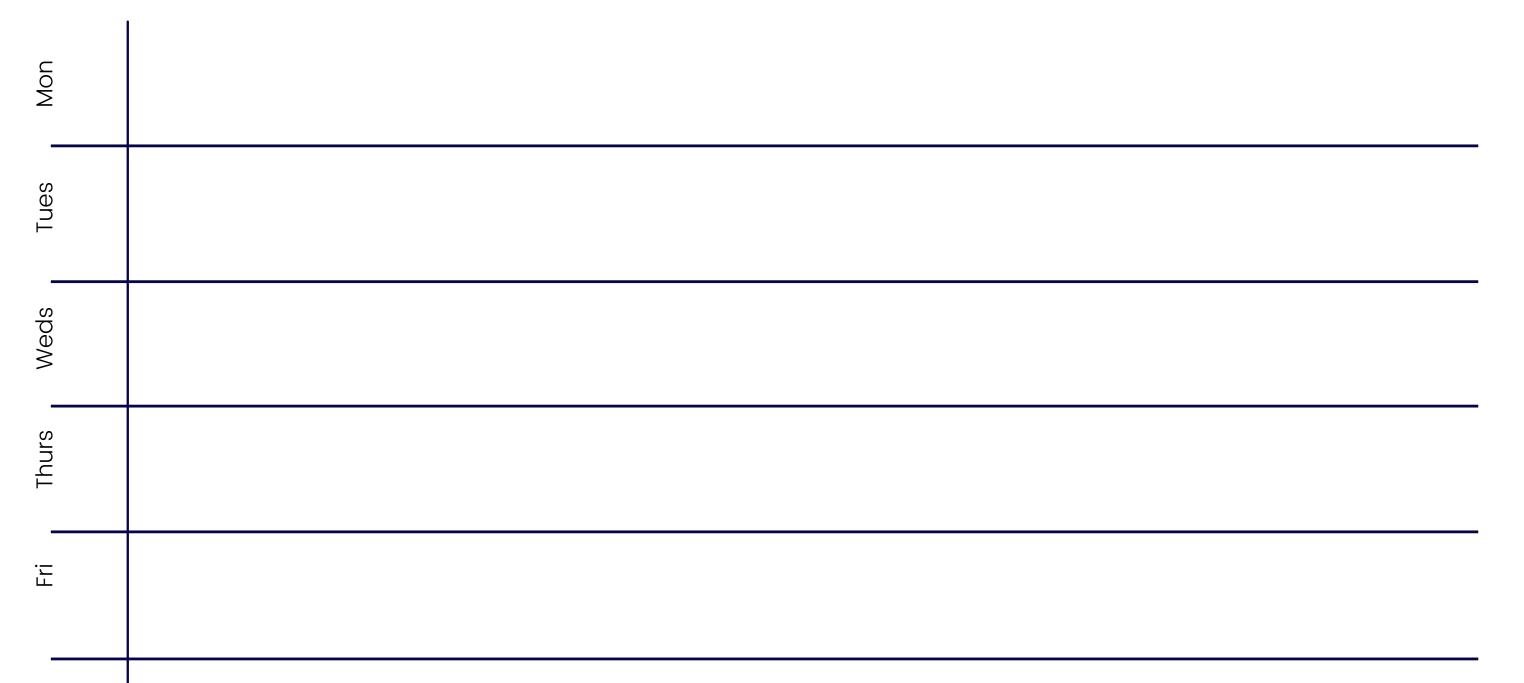
TRY 10 MINUTES OF movement

HAVE A GO AT OUR challenges



Live Well LIVE!

ACTIVITY PLANNER





This week I will...



