

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:

- Stand up and move around for a minute or two every hour.
- When you're making a drink in the morning do 10 heel 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

Some ideas to build into your day to day life:

- 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

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ACTIVITY PLANNER

Mon	
Tues	
Weds	
Thurs	
Fri	
Sat	
Sun	

This week I will...