

# Move your way for just 30 minutes a day

Getting moving for **just 30 minutes a day** has loads of benefits. But don't worry, it doesn't have to mean dressing head-to-toe in lycra, sweating buckets in the gym or running for miles. There's so much you can do from the comfort of your home or out and about, which can easily fit into your daily routine.

**Here are some ideas to get you moving:**



## Out & about

- Walk to school, college or work
- Get off a stop earlier on the way to the shops
- Take the stairs instead of the lift



## At home

- Do that gardening you've been putting off
- Dance to your favourite music while you Hoover
- Try some armchair aerobics... you could even use tins of beans for weights



## Getting active together

- Play hide-and-seek in the park
- Get hula-hooping with Nan
- Become the family swingball champ

# Simple ways to get started

If you're struggling for ideas on how to get moving why not **try one of these...**

## Arranging a catch up with friends?

Do it on-the-go!

## About to start a boxset binge?

Break up episodes with squats!

## Entertaining the kids?

Swap a movie for musical chairs!

## School run only a 5 minute drive?

Make it a 10 minute walk

## Find the best way to get your 30 in



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# Making the first move

**That Counts!**

Move more.

Sleep well. **Feel better.**

## Find the best way to get your 30 in



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# It's good to get a wriggle on

Do you find yourself sitting still a lot? Behind your desk for hours at work or school? Or at home on the sofa watching the latest series, playing video games or scrolling through social media on your phone? They're all so addictive and they're keeping us sat still for hours every day.

## Getting fresh air

**That Counts!**

The thing is, **being so still isn't good for us.** Our bodies are meant to be moving around and getting as much fresh air as we can. And the less active we are, the more likely we are to develop health conditions, or make existing ones more difficult to manage. Rest isn't always best – **moving more could actually be the best medicine...**





## Have a gossip on-the-go

**That Counts!**

# Make sure it all counts

It's up to you how you get active. The more fun you have, and the easier it is to fit into your routine, the better. But it's important to make sure that whatever you do, you're getting the benefits, too.

### It counts if:

-  You can feel your heart pumping faster
-  You're feeling warmer
-  You're getting a bit sweaty
-  You're breathing a little bit faster

### Break it up

Why not break up your 30 minutes into 10-minute chunks to make it easier? As long as you're raising your heart rate for at least 10 minutes at a time, you'll still unlock lots of health benefits.

### How much should I be moving?

The World Health Organisation recommends:

**Children under 5 years old:**  
1 to 3 hours a day

**Children & young adults aged 5 to 18:**  
30 to 60 minutes a day

**Adults:** 30 minutes a day

**But don't fret about the time.** If you can't do 30 minutes, try 30 moves or 30 stretches – **it all counts!**

# The best bits about moving more

Just 30 minutes of activity a day helps **increase your energy**, so you can get more done. It helps you **sleep well** too, so you'll feel more awake during the day. It can also really **improve your mood** as well as your fitness, helping you to **feel happier and healthier.**

## Getting a little bit out of breath

**That Counts!**

While sitting still can increase your risk of developing health conditions, moving more can significantly **reduce your risk of developing** things like **arthritis, cancer, diabetes, obesity, anxiety, depression** and **dementia.**

Plus, it can be a great way to socialise! However you decide to move, you can bring your family and friends with you. And even meet some new ones on the way!

**Find the best way to get your 30 in**



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