



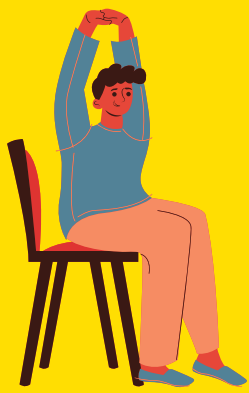
# MOVE TO IMPROVE

In our busy lives, it is vital to integrate regular everyday movement. Structured exercise isn't for everyone, so how can we keep active?



## WORK

- Getting off a stop earlier on the train/bus
- Using a standing desk or walk around when on calls
- Taking the stairs instead of the lift
- Going for a quick walk on lunch break
- Cycling or walking to work



## HOME

- Stretch when you wake up
- Move around every 45 minutes
- Run on the spot while the kettle is boiling
- Doing stretches when brushing your teeth
- Active housework



## PLAY

- Gardening
- Walking the dog
- Playing with your children/grandchildren
- Meet with a friend for a walk and chat
- Going for a walk on the beach

Movement can improve our



## BRAIN FUNCTION

By improving our cognitive health which helps us to think, learn, problem solve and concentrate.



## MENTAL HEALTH, MOOD AND SELF CONFIDENCE

By producing an anti-anxiety effect in the brain. By releasing feel good chemicals in our brain including dopamine and serotonin which boosts our mood and reduces stress. By suppressing stress hormone cortisol. We feel better about ourselves when we move regularly.



## PHYSICAL HEALTH AND SLEEP

By improving heart function, lung capacity and joint/bone health. By increasing sleep quality and alleviating daytime sleepiness. Better sleep means more energy.

**Find activities that you enjoy and notice the improvements that they can bring to overall wellbeing!**