

MOVE MORE

It can be difficult to think of new and interesting ways to get up and about and keep active. Use this factsheet for inspiration to get moving, or even find a new hobby!



Think of some reasons why you want to be more active?

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Activity ideas



GARDENING

Try growing your own veg or get some flowers and herbs blooming on your windowsill.



COOKING

Make your favourite meal or learn to bake. There are lots of recipes and videos you can follow!



FLOWER ARRANGING

Perfect for a rainy day. They will look beautiful in your home or could be a lovely gift.



PHOTOGRAPHY

You don't need a fancy camera. Use your phone or a disposable camera and get out there for some award-winning shots.



CHAIR EXERCISES

If you don't feel like going outside yet, get on YouTube for some seated yoga poses and get yourself moving.



VISIT YOUR LOCAL PARK

Why not take some lunch with you, or meet a friend?

Write down some of your own activity ideas and tick them off once you've tried them:

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MOVE YOUR BODY