MAKE YOUR MOVE

Older adults

Top tips to help you move:



START SLOWLY

Something is better than nothing! Start with 10 minutes and build up gradually.

FIND A BUDDY

Doing activity with family or friends is much more fun! Local services can also help to connect you.





MOVE MORE. SIT LESS

Break up long periods of sitting by simply moving! Stand up and stretch your legs.

MTX TT UP

There's activity everywhere...at your local village hall, parish or in your community. Join a dance class, a walk for health or play active games with you grandchildren.





STRENGTH AND BALANCE

On 2 days per week, include some resistance exercise such as heavy gardening, sit ups or yoga.





Have better physical and mental health



Better balance/ reduce risk of falls



Make friendships/ reduce isolation



Improve your sleep



Create active memories with family and friends

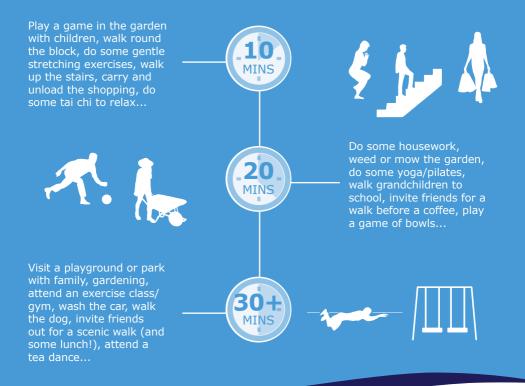
PHYSICAL ACTIVITY & WELLBEING

Make your move today: www.llrmakeyourmove.org





MOVING AT A LEVEL THAT INCREASES YOUR BREATHING AND HEART RATE



DID YOU KNOW?

The greatest benefits to our physical and mental health comes from when we go from doing no physical activity at all to doing just a little bit!