

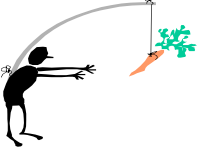












# 10 WAYS TO MOVE MORE



- Build activity into your daily life  
  - ⇒ use the stairs rather than the lift, walk to a meeting
- Remind yourself that all movement counts  (cleaning, gardening...) 
- Motivation gets you started and keeps you going  
List the reasons why you want to move more 
- Set realistic goals   that you can reach over time 
- Choose an activity which you enjoy,  you are more likely to stick with it 
- Work out when the best time to exercise is for you and stick to it so that it becomes a habit
- Do the activity with family  or friends 
- Gradually  increase your activity levels over time 
- If possible, vary your activities,  try something new  
- It's never too late to start to « move » ! 