

**MOVE
YOUR WAY**

**WE ARE
UNDEFEATABLE**

**GET MOVING
AT HOME**

Being active doesn't have to look like 'exercise' to count. Here are some small, fun and unexpected ways to get moving indoors.

- Dance around the living room to your favourite songs
- Tackle a household chore you've been meaning to sort out
- Try a workout that suits you with the free We Are Undefeatable app
- Do some stretching on the sofa during the advert breaks
- Get creative and start a new DIY project
- Play hide and seek with your children
- Walk around the house when you're on the phone

Tick off each movement you try and come up with your own ideas too!

My ideas:
