

**MOVE
YOUR WAY**

**WE ARE
UNDEFEATABLE**

**GET MOVING
OUTDOORS**



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

- Do a walk and talk catch up with friends or family
- Use a park bench for some gentle stretches
- Set up a scavenger hunt or five senses walk for your kids or grandkids
- Get out and start growing in your garden or allotment
- Play fetch with your dog or take them out for a walk
- Head to your local leisure centre, lido or even the beach for a swim
- Walk or cycle to the shops instead of driving

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

My ideas:
