

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.

MIX IT 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.



Feel happier



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

Make your move today:

www.llrmakeyourmove.org



LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING



**MOVING AT A LEVEL THAT INCREASES
YOUR BREATHING AND HEART RATE**

Play a game in the garden with children, walk round the block, do some gentle stretching exercises, walk up the stairs, carry and unload the shopping, do some tai chi to relax...



Do some housework, weed or mow the garden, do some yoga/pilates, walk grandchildren to school, invite friends for a walk before a coffee, play a game of bowls...

Visit a playground or park with family, gardening, attend an exercise class/gym, wash the car, walk the dog, invite friends out for a scenic walk (and some lunch!), attend a tea dance...



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!