

IDEAS FOR MOVING MORE DURING THE DAY



Whether you're working at home or at your place of work, being active and walking more has proven health and wellbeing benefits – it can make you feel happier, can boost your mood and improve your sleep. Even a small amount of activity can make a massive difference.

Stand Rather Than Sit

One of the easiest ways to break up your sedentary time is to stand more during the working day. Why not take a call or an online meeting standing up. Try and break up your sitting time every 30 mins, for at least 2-3 minutes.

Cold and Wet Outside? Get Active Indoors!

Bad weather doesn't need to stop play – create your own indoor activity space and you can start to build this into a healthy daily routine. Don't have any equipment? Why not get creative with items in your own home – whether that's using baked bean cans for weights or using your stairs for step-ups, find a safe routine that works for you.

Set a Reminder

People who decide what they want to achieve and plan time into their diary, tend to stick with their pledge. Plan when you want to be active, add it to your diary and keep up the good work – a little change makes a massive difference.

Write Your Pledge Down and Share Your Goals

People who stick to their goals tend to be the ones who share them with others – why not share your personal pledge with your team for support and motivation – and all encourage each other. Use the '[Setting a Personal Goal](#)' template on our resources page and keep it somewhere you can always see it.

Add Variety to Your Activity

Get outside if you can – even if it is only to walk around your garden or to your local shop. Try something new to help keep things interesting and why not get your buddies involved too. After all, variety is the spice of life and it's better with a buddy.

Move More to Clear Your Head

Taking time out to move more can help clear your head and help you refocus on what you need to achieve during the rest of the day – Breaks give you time to think, a rest from your computer screen and a 20-minute walk has been proven to have a positive effect on our brains.

Go at Your Own Pace

Rome wasn't built in a day. It really doesn't matter how far or how fast you go, just that you do your 26 minutes and support your buddies to do the same. Find something you enjoy and that works for you and build this into your daily routine.

Treat Yourself

Being active every day for a whole month can be tough, so make sure you reward yourself from time to time. Why not celebrate a successful week of activity with a nice hot bath, your favourite music or something tasty to eat. Even if you don't manage a full month of activity every day, try to focus on all of the amazing work you have achieved and not what you haven't.