



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.

Create and Share Your Goal

People who decide what they want to achieve and plan time into their diary, tend to stick with their pledge. If you wish to set a personal goal as well as complete the minimum 26 minutes a day challenge, once you have launched the BuddyBoost app and joined Let's Walk and More, along the bottom of your screen, tap the 'You' icon on the right. There you will be able to set a personal goal and share it with your buddy group and the community if you wish.

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 buddy group 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 minimum of 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.