Move your body for just 20 minutes every day!

Get active on your own or with family and friends.

JOIN THE 20 MINUTE MOVEMENT!

WHAT COULD YOU DO?

Yorkshire Moving
Find the activity that suits you

Search location

Visit our website to find activities near you:

mylivingwell.co.uk

LIVING WELL

#20MinMove

Move your body for just 20 minutes every day!

AN ACTIVE BODY HELPS CREATE A HEALTHY MIND!

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LIVING WELL

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NO NEED FOR FANCY TRAINERS OR EXPENSIVE GYMS!

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STEP UP TO HEALTH!

JOIN THE 20 MINUTE MOVEMENT!

TAKE THE STAIRS!

LIVING WELL

#20MinMove

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SMALL STEPS BIG DIFFERENCE!

JOIN THE 20 MINUTE MOVEMENT!

TAKE THE STAIRS!

LIVING WELL

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YOUR BODY SAYS THANKS

JOIN THE 20 MINUTE MOVEMENT!

FOR TAKING THE STAIRS!

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WHY NOT WALK OR CYCLE TO WORK?

JOIN THE **20 MINUTE MOVEMENT!**

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GET OFF THE BUS A STOP EARLY AND WALK!

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TOP TIPS:

Having a meeting? Why not walk and talk!

Take a walk at lunchtime — go outside and get your colleagues to join you!

On a call? Why not try standing or moving around!

Standing up to work uses more muscles and burns more calories than sitting — it can be great for your back and posture!

Take the time to stretch at your workstation to relieve stress!

Waiting for the photocopier? Take a little stroll, or do some stretches!

Set yourself a goal and track your activity. It's a great way to motivate yourself and others to move more!

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BRADFORD WALK TO WORK DAY!

JOIN THE 20 MINUTE MOVEMENT!

17 April 2023

- **Walk or cycle to work**
- **Park further away**
- **Get off the bus/train a stop early**

IT'S EASY TO JOIN IN!

WHAT COULD YOU DO?

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