

Date: What did you do today?	Date: What did you do today?	Date: What did you do today?	Date: What did you do today?	Date: What did you do today?	Date: What did you do today?	Date: What did you do today?
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## IDEAS TO HELP

### YOU GET STARTED

- Walk or cycle part of your way to work or school.
- Get off the bus or train a stop earlier, or park your car a bit further away and walk.
- Take the stairs instead of the lift.
- Do some squats or jog on the spot while you wait for the kettle to boil!
- If you're at home - get the music on and have a lunchtime disco!
- Find a road or path near you that you haven't walked along before - exploring can make exercise even more fun!
- Do squats while you brush your teeth!
- Leave the car at home and walk to the shop
- Make time to get out for a walk or a bike ride
- Clear your head with a lunchtime walk every day.
- Meet a friend for a catch up - instead of coffee, go for a walk!
- Try an online workout.
- If you sit at a desk for a large part of your day, make sure you get up regularly and move around.
- The evenings are lighter now so take the children to the park or go for a gentle jog!
- Do star-jumps when the adverts are on!
- Find some music that gets you moving and go for it!
- Tell us about your activities using #20MinMove on social media:

@MyLivingWell1

