

10 TIPS FOR SUCCESS!



- 1. Celebrate Your Wins**
Be proud of yourself! It's all too easy to give up and be inactive.
- 2. Commit Yourself**
3-4 weeks of activity is all the time you need to make it into a habit.
- 3. Make it Daily**
Consistency is key if you want to make a habit stick. Be active everyday and fill in the planner, you'll feel so proud of yourself when you have filled it!
- 4. Start Small**
Set achievable goals and stay positive. Don't let negativity get in your way.
- 5. Start Simple**
Don't try to completely change your life in one day. A daily walk, a beginners YouTube workout, moving whilst the kettle boils – anything active is great!
- 6. Focus on today**
Don't dwell on what you can't do, stay focussed on the things you can do.
- 7. Remind Yourself**
After a couple of weeks it can be easy to slip and miss days – set a reminder and stay on track.
- 8. Find a Friend**
Motivate each other – create a WhatsApp group to swap ideas and keep each other going.
- 9. Find Your Motivation**
Find a song with a good beat that really motivates you to get moving!
- 10. Try Your Best**
If you've slumped, don't worry, we've all done that, just start again today!

Yorkshire Moving

Find the activity that suits you

Follow us on social media and visit our website to find activities near you:

Search location



The wording in this leaflet can be made available in other formats such as large print and Braille. Please call 01274 438884.



WHAT COULD YOU DO?

HAVE YOU JOINED THE 20 MINUTE MOVEMENT YET?

We want everyone in Bradford district to get moving for at least 20 minutes every day.

NO PRICEY

GYMS

NO FANCY

TRAINERS

NO EXPENSIVE

EQUIPMENT

This planner is to help you be more active at work.

Joining the 20 Minute Movement is about making a positive choice for yourself. It's about making physical activity a habit, a completely normal part of your daily routine. Something you don't think about, you just do.

Inside are some easy ideas to help you get started and a planner to record your activities.

Motivate your work colleagues and friends to join in so that you're all doing it together. Try and think of other activities you could do.

After just a month of being physically active for 20 minutes everyday, you will start to notice an improvement in your overall health. Moving more is good for your physical health and also improves your mental wellbeing too.



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IDEAS TO HELP

YOU GET STARTED

- Make some of your meetings standing or walking meetings.
- Walk or cycle part of your way to work. Get off the bus a stop earlier or plan to walk a different route to work or park your car a bit further away.
- Take regular breaks from your workstation throughout the day to move around.
- Wear or take some comfortable shoes to work - studies show that you will be more likely to move more if your feet are comfortable!
- Try using a standing desk - standing uses more muscles and burns more calories than sitting and it can be great for your back and posture too!
- Get up and have a chat with a colleague 'face-to-face' instead of phoning or emailing.
- Take the stairs instead of the lift.
- Get moving in your coffee break - do some squats while you wait for the kettle to boil!
- Get moving at lunchtime, invite a colleague to go for a walk.
- Take a work call outside and walk and talk in the fresh air.
- Move at your workstation; arm wraps/shoulder rolls/head turns left and right/arm swings or circles/torso twists/leg swings/leg lift, you can find stretching routines to do at your workstation online.
- Start an office or workplace fitness challenge.
- You wouldn't forget an appointment in your calendar, so make an appointment for yourself to get active
- Tell us about your activities using #20MM on social media:

@MyLivingWell1

