

Join the 20 Minute Movement!



Government guidelines say adults should do at least 150 mins of moderate intensity activity every week.

This can seem a lot, so we've broken it down, into easily achievable 20 minute chunks!

Physical activity can:

- ✓ Improve your mental and physical health
- ✓ Relieve stress
- ✓ Help you sleep better
- ✓ Prevent or delay many health problems

Being active is one of the best ways to get healthy and stay healthy!

WHAT COULD YOU DO?



Literally anything!

Dance while you do housework, go for a walk with a friend instead of meeting for coffee, take the stairs instead of the lift or get off the bus/train a stop early and walk!

- Do it all at once or in 5 minute chunks
- Do 10 mins in the morning and 10 mins in the evening
- Inside or outside - whatever works for you!

It's not about joining expensive gyms or having fancy trainers, it's about making a promise to yourself to do something to be active for 20 mins every day.

Have a go and feel the benefits!

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