

# Join the 20 Minute Movement!



WHAT COULD YOU DO?



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!**



**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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