A pink text with rays of light

Description automatically generated20MM Phase 4 Newsletter/Web article

**Get out and about in Bradford district with a new 20 Minute Movement A to Z of activities!**



**Living Well would like to encourage people who aren’t currently active, or maybe struggle to do the recommended amount of activity, to try using a new A to Z to get moving and feel the benefits to their health and wellbeing.**

Being active doesn’t have to be all about organised sport and gyms. [Join the 20 Minute Movement](https://mylivingwell.co.uk/campaigns/20-minute-movement/schools-children-and-families/) and use the [new A to Z](https://mylivingwell.co.uk/campaigns/20-minute-movement/20-minute-movement-a-to-z/) to find activities in Bradford district.

There are lots of ideas to help you get started and most of them are completely free and suitable for all ages! Ask your friends and family to try them with you and see how many you can check off the list!

[**How much physical activity should I do?**](https://mylivingwell.co.uk/physical-activity/how-much-physical-activity-should-you-do/)

Moving more every day is good for your physical and mental health. Doing 20 just minutes of movement each day can help you to complete the recommended 150 minutes of physical activity per week for adults.

Children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity every day. So children could do three sessions of 20 minutes each day.

We would love to know how you get on, so please share pics of you trying some of the A to Z ideas on social media and tag **@MyLivingWell1** using the hashtag **#20MinMoveAtoZ** to share your journey to moving more!